

# Curing Cancer with Carrots



Ann Cameron

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To Geoff, and in Memory of Bill

**The day is coming when  
a single carrot  
freshly observed  
will set off  
a revolution.  
—Paul Cezanne (1839-1906)**

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## **How to use this book**

This book is full of information on many topics from many sources. In a print book, footnotes would appear at the bottom of each page. An e-book has no standard pages, so instead of footnotes, in this book, highlighted words in the text are clickable and link to their source page.

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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## Introduction

I'm the author of many children's books—stories in which adventurous children use their imaginations to solve problems in their lives. Mostly my books are funny and have happy endings. I never aspired to write a book about cancer. Cancer is not funny. Many of my friends found no solution for it. Slowly or fast, it killed them.

Then I got cancer. A few friends started sounding strange in a kindly way—as people do when they have decided you're about to die, but believe you haven't realized it yet.

I had surgery for the initial cancer and hoped I was okay. When I learned the cancer had metastasized, I too thought I had a death sentence. The surgeon told me I had two or three years to live. Amazingly, the metastasis disappeared quickly. I had no chemotherapy or radiation. The only change I made in my life was to drink five glasses of fresh carrot juice every day.

Seven weeks after I began the carrot treatment, a CT scan showed the cancer arrested, and the two tumors between my lungs shrinking. In nine more weeks another CT scan showed no tumors. I felt great. Joint and muscle pain that had been bothering me also disappeared; and my mood was excellent.

I cured my cancer using only carrots. This may sound like a fairy tale; many people can't understand how such a gentle cancer cure can work. The explanation comes from new findings in the field of nutritional epigenetics—the study of how hundreds of specific compounds in our diet affect the expression of our genes, turning off or turning on those that suppress or promote cancer.

Despite the wealth of scientific studies in this field, physicians, just like the rest of us, are often unaware of them. These studies could—and most certainly should—revolutionize the treatment of cancer, reducing the fear, suffering and cost of treatment. By learning about them, you may be able to save yourself from cancer.

Centuries ago, rickets and scurvy were incurable scourges of humanity. Then we learned they were diseases of malnutrition. Cancer researchers believe that up to [two thirds](#) of all cancers could be prevented by dietary changes. No matter what originally sparks cancer, in many cases it takes hold and grows because of [nutritional deficiencies](#). Once people get cancer, 80% of them suffer malnutrition caused as much by chemotherapy and radiation as by the disease itself.

In the not-so-distant past, doctors applied leeches to patients' bodies for



bloodletting, cleaned wounds with mercury, and delivered babies with dirty hands. I believe the day will come when treatment of cancer by radiation and chemotherapy will be equally obsolete. Cancer will be prevented and in many cases, cured painlessly through specific nutritional changes.

Nearly [one out of four](#) Americans dies from cancer. Only five to ten percent of these cancers are genetic. 10% are caused by lack of exercise; 30% are caused by smoking; 30-35% are caused by obesity, or diets with too much meat, fat and sugar, and not enough fruits and vegetables. These cancers are preventable. We can [take responsibility](#) for the way we live and stop them before they happen. If we do get cancer, we can cure it. I did it. You and those you love can do it, too.

*Curing Cancer with Carrots* is my contribution to awareness about curing cancer with natural means. It's based on research from dozens of scientific journals. It explains how to juice carrots and presents new and exciting evidence of their cancer-curing effects. Apart from its focus on carrots, it's a useful, concise and clear guide for anyone dealing with cancer. It can help cancer patients and their families evaluate their situations and understand oncologists' language. It could prevent long hospitalizations and bankruptcy caused by medical treatment. It can show you how to take responsibility for your own health, do your own research, and make informed decisions. It might save your life.

## One: How the Numbers Melted

Only now that I am free of cancer am I beginning to recognize how scared I was in my journey through it. My doctors and nurses urged me to be brave and take on the pains and risks of chemotherapy. I didn't. Sometimes, fear is a virtue! I was worried about chemo's effects—its so-called “side” effects, which are often much more powerful than the intended effects of these drugs. My fears pushed me to think for myself and do my own research.

My cancer adventure started innocuously.

In August of 2011, I didn't have much energy. I figured that was normal, the result of ageing—just the way people feel when they're over sixty-five. Even so, I mentioned my lethargy to the nurse practitioner at the small Portland, Oregon clinic where I got my medical care. The nurse ordered a blood test. When it showed I was anemic, she prescribed iron pills. The iron pills didn't work. The other nurse in the practice prescribed more iron pills. Neither of them told me that anemia in older people is almost always a sign of internal bleeding, and that colon cancer is often its source.

Standard medical practice is to send [anemic patients](#) over age 60 for colonoscopies. The nurses didn't order or even suggest a colonoscopy to me. They encouraged me to exercise more. I kept taking iron pills and became less anemic. But there were other signs that I wasn't well. In October 2011, a respiratory infection shook my whole body with coughing, so much so that I had to cancel a publishing trip I was on. The infection lasted for over a month. I'd never been that sick with a cold before. In December 2011, I went to a gym, where a young trainer urged me to hold a “plank” position on my elbows and toes for a minute. I did that a number of times over the course of a few weeks. Afterward I felt pain in my abdomen sporadically. I was sure I'd strained a muscle doing the plank. Friends suggested that having a young trainer who might overestimate one's strength is a bad idea. Better to join a gym that only has members over age fifty, they said. There was no such gym near me. I just gave up going to the one I'd joined.

I figured the muscle strain would improve eventually. I never mentioned it at the clinic. I didn't know that anemia and abdominal pain are the classic signs of colon cancer.

I live part of the year in Guatemala. I returned there in January 2012. In February I took a boat trip on beautiful Lake Atitlan in the highlands. The waves were high. The boat slammed and bounced against them. I felt acute pain in my

abdomen. At the end of February 2012, I saw a trauma specialist in Guatemala City. I explained that because of exercises I'd done in December, plus the punishing boat trip, I had a muscle problem—lots of abdominal pain. The specialist ordered an ultrasound. The radiologist reported that I had a lot of gallstones, but that my abdomen was normal. It turns out that an ultrasound doesn't provide the clear images needed to detect abdominal cancer. A CT is needed. I didn't know that.

I didn't know either, that confidently explaining to a doctor what is wrong with you may prevent him or her from arriving at a proper diagnosis. A friend saw the same Guatemala City specialist shortly before I did. She told him she had mysterious pains in her abdomen and had no idea why. For her, he ordered a CT. (Luckily, she was fine.)

When I returned to Portland in March, I brought with me two intestinal infections. The doctor at the Portland clinic didn't notice one of them on the lab report, so she didn't treat it. ("There was a lot of information on the report," she explained, apologizing.) I didn't see the report myself. Now I think anyone who sees a doctor should get copies of all lab reports. I didn't know that.

In March, my right abdomen hurt so much when I lay down on a bed that I had to do it very carefully to avoid acute pain. In April, the pain in my abdomen became a continuous dull ache, which I attributed to the intestinal infections. I couldn't go anywhere because of the diarrhea. I was more anemic than ever and very weak. I lay in bed day after day hoping the third and fourth round of powerful antibiotics kicking me in the gut would conquer the intestinal infection. Finally I realized I needed a better doctor.

I went to a large clinic connected with Legacy Good Samaritan Hospital in Portland, where a new primary care doctor looked up the old lab report on his computer, and noticed the second intestinal infection. He prescribed an even stronger and more horrible medicine than the previous antibiotics. But in two weeks, it cured the infection.

It was early May. I expected to start feeling good again; but instead, my right abdomen, which had been tender and painful now felt entirely rigid. It felt as if the rigid area had doubled in size in a week. I went back to my new doctor and told him that curing the bacterial infection hadn't fixed my health. The abdominal pain I had attributed to a few exercises I'd done in December was still with me, only worse. He sent me for a CT scan. It showed a mass in my abdomen, probably colon cancer. He referred me to a surgeon. The surgeon rearranged his schedule to operate on me four days later, on June 9. He gave me a blood transfusion so I could withstand the five-hour operation and removed 12 inches of my colon, some lymph nodes, and a palm-sized area of muscle in my

right abdomen.

He was jubilant over the success of the surgery. The removed lymph nodes weren't cancerous and their margins were clear, he said. Much later, he mentioned that if I had had surgery back in August 2011 when the first lab report showed I was anemic, he wouldn't have had to remove my abdominal muscles. Unfortunately, abdominal muscles, once gone, don't grow back.

In the first weeks after surgery, all that mattered to me was that he had saved my life. I hoped my cancer ordeal was over; but he said that, although chemotherapy was "controversial in my case" and "not mandatory," he recommended it. His words clearly suggested that for my case other authorities *didn't* recommend chemo; but I didn't ask him to explain why not. When one's life is at stake it's worth hearing all points of view about a proposed treatment, but I didn't do it. I trusted him and accepted his referral to an oncologist.

For me, the very word "oncologist" rang with deathly overtones, but my new doctor was cheerful, easy to talk to and obviously knew her business. She didn't seem to belong in such a grim profession. I asked her why she hadn't chosen a happier specialty than oncology—maybe sports medicine? She told me firmly that she didn't like sports; she enjoyed oncology. She said my colon cancer was Stage 2B; but that, for unknown reasons. Stage 3 patients, whose cancers had entered the lymph glands, were surviving better than 2B's like me whose lymph nodes were cancer free.

She echoed the surgeon's opinion: chemotherapy was a good idea because even though tests didn't show residual cancer, there might still be cancer cells in my body. Like the surgeon, she advised me to take six months of "adjuvant" chemotherapy—chemo given to prevent a recurrence of cancer even when tests can't detect any. The agents she suggested—leucovorin, fluorouracil, and oxaliplatin—form a combo called FOLFOX. She said that I didn't have to accept the chemo, but that it would give me a 90% chance to prevent a recurrence of the cancer. The chance without chemo was 70%.

I thought my doctors must know better than I what treatment was best for me. I agreed to the chemo. It was scheduled to begin in mid-July. It might be hard on me, the surgeon and oncologist said, but the suffering would be worth it. I talked to my primary care doctor about it, too. He told me he thought I was a strong person, and that very likely chemotherapy wouldn't be difficult for me.

When I was a child, my parents emphasized the importance of being brave, taking on challenges and seeing them through. To get their approval, I almost always did my best to meet the challenge. I think most of us are raised that way.

Shaken by having a body that had failed me, I found myself demoted from adulthood (or maybe I demoted myself). I wanted to be a good child.

Unconsciously, I saw my doctors as good adults, good parents. I needed to trust them and I wanted to please them. When they said I needed to suffer chemo to be safe from cancer, I was willing.

Two weeks after surgery, the neat stitches on my surgical wound turned red. The wound was infected—probably an infection I got during my week in the hospital recovering from surgery. Hospitals are notorious for giving people infections. My surgeon’s colleague reopened the wound and cleaned it out—a necessary but very painful treatment that set me screaming. It left a fist-sized hole in my abdomen. (Staring into it was like looking down into a bloody well—really impressive and alarming.)

I couldn’t start chemo in July. The toxic chemo drugs would have killed the rapidly dividing healthy cells filling in my wound. It wouldn’t be healed until September: I’d have to wait until then to start chemo. Meantime, if I had any cancer cells in my body, the delay would give them time to grow. The oncologist said the delay in starting chemo would reduce my chance of five-year survival of colon cancer from 90% to 55%.

In July and August, I did research on the kind of tumor I had, and on the recommended chemotherapy. Reading the radiologist’s report on the tumor, I learned (or relearned—the oncologist had told me already but I’d forgotten) that mine was a “mismatch repair deficient” tumor—an [MMRd](#). I went to the internet to find out more about my “mismatched” tumor. It turns out that in 85% of colon cancer, the immune system “repairs” tumors, eliminating differences in their cells, allowing them to reproduce only identical mutated cells—cells that match. That makes attacking them with a specific chemo agent easier: all the target cells are the same and should respond alike. In contrast, mismatch repair deficient tumors contain many different kinds of mutated cells, which make them much harder to kill. I read that some cancer treatment centers don’t advise chemo for mismatch repair deficient tumors.

I brought this up with the oncologist and the surgeon. They acknowledged that some cancer centers advised against chemotherapy after surgery for MMRd’s; but they reminded me that besides the two of them, the hospital’s tumor board—composed of oncologists, surgeons, radiologists and an oncology nurse—had reviewed my case and also recommended the chemo.

However, my oncologist said, in the light of the mismatched cells, my relative chance for five-year survival was lower than the 55% she’d last estimated. (Five-year “relative survival” is the term used to compare a cancer patient’s likelihood of surviving five years to that of cancer-free peers.) The oncologist said that patients who had had homogenous tumors removed and started chemo two months late reduced their relative chance for five-year

survival from 90% to 55%. She told me that delaying chemo for a mismatch repair deficient tumor would give me a relative survival percentage of 45-50%—that is, with chemo, I was half as likely to be alive in five years as women my age who were cancer free.

The oncologist told me that the possible side effects of FOLFOX included hair loss, nausea, vomiting, anemia (from new red blood cells being killed off), and neutropenia (fever caused by the chemo killing off new white blood cells); and peripheral neuropathy (numb or burning hands and feet). Afterward, the friend with me remembered her mentioning all these effects, but I didn't. When I looked up [possible side effects](#) of FOLFOX on line, most of the information sounded entirely new to me.

Patients treated with FOLFOX have a 70% chance of suffering peripheral neuropathy. Of that 70%, half suffered the hand and foot pain for several years after chemo concluded. I mentioned this to a friend who is a primary care doctor. Some of his patients had had post-chemo neuropathy. “The pain in their feet is excruciating,” he said.

I considered my feet—very useful. Handy for walking. I considered my hands. As a writer, I'd typed all my manuscripts for so many years that it seemed my ideas were stored in my hands and poured out of my fingertips. I wasn't sure I could adapt to another way of working, especially if I were also nauseous, anemic, vomiting, losing my hair in clumps, and feverish from a lack of white blood cells.

On the other hand, a friend told me of a sixty-year-old man she knew, a dentist, who'd done the FOLFOX chemo with no difficulty and kept working full time throughout. He hadn't had peripheral neuropathy, and had had no recurrence of cancer in eight years. To be fair, I had to admit I might come through chemo like him. But maybe not.

I saw the “nurse navigator” at the hospital. Her job was to help patients find other services there—a yoga class, the dietician's office, a survivors' meeting group. It seemed to me, though, that her real role was to scare people into chemo. She implied that I'd die if I didn't do it. I broke down and wept in the hospital corridor. She smiled. I think she was trying to look compassionate and in command of my future. The cancer hadn't brought me to tears, but the thought of the chemo did. In the months before the colon cancer diagnosis and surgery, anemia had been the worst of the suffering. As I lay in bed, all the emotional tones and colors that flowed through my life blanched to an infinitely slow procession of identical instants. The prospect of getting anemia from the chemo overwhelmed me.

I e-mailed the surgeon, arguing that, since chemotherapy lowers immune

function, using it to cure cancer isn't logical. He replied that according to statistics, it would improve my chances to survive. We batted our conflicting views back and forth over the internet. Finally I told him that statistics weren't the issue. Right or wrong, after having been terribly ill and now feeling good, I couldn't bear the idea of deliberately making myself sick all over again with FOLFOX. He responded with great sympathy and stopped pushing me to do chemo.

I was still weak. I concentrated on building up my stamina, taking longer and longer walks. When I walked too far I'd get severe cramps and be afraid of collapsing. The wound had to be checked and cleaned at the hospital three times a week for several months. A small but very expensive pump called a Vac suctioned fluids out of it 24 hours a day. I wore the pump like a shoulder bag during the day, hoping all the normal people on the street wouldn't notice the tubing and realize I wasn't like them, that there was something wrong with me. At night I kept the Vac on the floor next to my bedside table. When its battery got low and it needed to be plugged into an outlet, it would beep at me. Every two days the wound care nurses, tremendous morale builders, marveled at my progress. They were encouraging about chemo. They all thought I'd handle it well—except for one rebel who said, “Chemotherapy! You'll love it! It's so good! Hah-hah! I'd better say no more. Maybe the walls have ears.”

I kept getting stronger. Pain from healing was strangely different from the pain of cancer. During the cancer I'd felt an insidious sour emptiness, as if in every breath, grayness, disgust, and distaste for life was slowly growing, covering up all of me. In healing, there was pain, too, but every twinge felt cleansing and hopeful.

On the internet, I read about a Hungarian doctor who in the 1950s claimed to cure cancer patients with a diet that included five pounds of beets a day. To prevent a return of cancer, every morning I ate a tablespoon of evaporated beet juice powder mixed in yogurt. The vendor claimed that the daily tablespoon was the nutritional equivalent of eating five pounds of fresh beets.

On November 9, 2012, my wound fully healed, feeling great, trusting in the power of beets, I had my six-month follow-up. I got devastating news. The CT scan showed that two tumors, new lymph nodes a quarter inch in diameter by an inch and a half long, had formed between my lungs. The oncologist said that radiation would be useless against them, and that chemotherapy couldn't cure them. She recommended a six months chemo course anyway, though —“palliative chemotherapy”—the name oncologists give to chemotherapy that can't cure. She said using it would extend my life by twenty months. The chemo combination would be FOLFOX, the exact same chemo I'd rejected in July.

The oncologist said that to confirm the diagnosis, she could do a biopsy—but that it would hurt. I turned it down—I'd read that biopsies can cause tumors to spread. She arranged for me to have a PET scan and a follow-up appointment with her for November 27.

The clear cold certainty of the numbers I'd clung to in my cancer journey—first my 90% chance of five-year survival, then my 55% chance, then my 45-50% chance—had melted like an ice cube in my hands—melted down to zero.



## Two: A Letter and a Phone Call

Four years earlier my husband, who had smoked heavily between the ages of 14 and 60, had been diagnosed with inoperable cancer in one lung and damage from smoking in the other. He no longer smoked. He was eighty years old, but strong and active. People usually thought he was in his late sixties. His doctors had recommended chemotherapy and radiation: one thought he'd have a 30% chance to beat the cancer. But he had kidney damage that the chemo would probably make worse. He knew if he survived the cancer, there was a risk that his kidneys would fail and he'd end up on dialysis. He left a note for his kidney doctor letting her know he had cancer and asking what her experience had been with her patients who took chemo. More than a week later, after several more requests for her response, she phoned him to say she couldn't generalize and had no advice. Bill knew two friends with bad kidneys who had told him that getting the dialysis treatments three days a week and recovering from them four days a week had made their life not worth living.

Bill said he didn't want to ever be a burden to anyone. I said he'd never be a burden. He said, "I don't want to live being pushed to dialysis with an oxygen tank on my wheel chair." He refused chemo and radiation. I searched on the internet and found twenty or so potential natural cures, bought them, and urged him to take them. He looked at the mound of capsules by his plate and protested, "How am I going to have room to eat anything?" I think if I'd focused on his diet, not on capsules, he would have been better off.

All the expensive capsules failed Bill. Now that I had cancer, I knew better than to waste time on them. But as I read about new curative regimens, most seemed dubious, or so complicated and demanding—as well as unproven—that I wasn't willing to try them either.

I don't remember why, but after a few days of research, I Googled "cancer" and "five pounds of carrots." A memo opened up as a page of a family website. In the memo a man named Ralph Cole said that he had cured ten small squamous cell tumors on his chest in eight weeks. He'd done this back in 2006, by juicing five pounds of carrots daily and drinking the resulting five cups of juice. (One pound equals .45 kilos and one U.S. cup is .24 liters.)

Months earlier, in 2005, two larger tumors had protruded outward from his neck. They resembled hard-boiled eggs in shape and firmness. Biopsies at a hospital indicated they were both cancerous. He allowed the physicians to schedule surgery for him, which was to take place four months later. At the same

time, he began juicing carrots at the advice of an acquaintance. He juiced three pounds of carrots a day. The tumors didn't grow, but they didn't disappear. Because they hadn't grown, he was able to persuade the medical staff to skip the surgery. But because they hadn't gone away, and also because he was the father of young children and wanted to make sure he would be around for them, he consented to radiation treatments and chemotherapy.

During and after the six weeks of conventional treatments, he continued juicing carrots. The two big tumors finally disappeared several months after radiation and chemotherapy concluded. Something in the combination of radiation, chemotherapy, and three cups per day of carrot juice got rid of the tumors temporarily. But the radiation treatments also caused him to lose his teeth and permanently damaged his ability to salivate and swallow. When he lost his ability to swallow, he had wanted to stop the radiation treatments, but his doctors insisted that if he stopped, he would jeopardize his recovery and invalidate a study they had placed him in. They also wrongly insisted that his ability to swallow would completely return within about a week of the end of the radiation treatments. He was hospitalized for a while, unable to eat or drink without a tube through his nose to his stomach. And the cure didn't last, either. Four months after the tumors on his neck disappeared, ten new ones emerged on his chest.

He could see and feel them under his skin. Each was small, about the size of a grain of rice. He returned to drinking three eight ounce glasses of fresh carrot juice daily—the juice from three pounds of carrots. Once again, the tumors didn't grow, but they didn't shrink either. He showed them to a nurse he knew and asked her what she thought he should do. She said he should go back to the hospital and receive more treatments. Given what he had been through, this did not sound good to him.

Instead, he upped his juicing from three pounds of carrots per day, which had given him three cups of juice, to five pounds, which produced five cups of juice. The tumors appeared to shrink the first day, and even more the second. And they *had* shrunk. All but one disappeared within six weeks. The largest was gone in eight weeks. To be sure all the cancer cells were really gone, for another month he continued juicing five pounds of carrots daily. Then he gave up juicing. This time, no new tumors appeared.

His memo suggested that, although the experience of just one person gave no guarantee of success, it might be worthwhile for other cancer sufferers to try carrots.

The objective tone of his memo impressed me. He didn't promise that carrots could cure all cancers. He wasn't selling carrots, juicers, vacuum-sealing carrot containers, or amazing miracle carrot seed. He wasn't selling anything.

The memo contained his phone number. I called. He told me he'd used just ordinary carrots from the supermarket to make his juice. In the seven years since his carrot cure, the cancer hadn't returned. He hadn't ever gone back to juicing. He believed five pounds of carrots daily were the threshold for eliminating cancer: more might be good, but for certain, less wouldn't do for a normal size and weight adult. He had advised a few people in his church with a variety of cancers to try the carrot juicing, and said that several were seeing improvement in their symptoms. He sounded honest.

I bought a juicer the next day—on November 16, 2012—and started drinking carrot juice, five cups daily.

### **Three: The Shooter Misses**

The two tumors were between my lungs, not inside them. So far, they didn't interfere with my breathing. Except for short stabbing attacks of grief, I was feeling great. I could walk without my strength giving way and cramps starting in my abdomen. I could ride my bike eight miles once again. Without treatment, I probably still had some months of continued good health ahead of me. Should I sacrifice those good months for the uncertain promise of a longer life?

As before, I still couldn't believe in making myself sick to make myself well. I couldn't believe in destroying my immune system to defeat cancer. At moments I felt I heard an inner voice warning me that if I even started on the road to chemotherapy, it would be the end for me. The voice was matter-of-fact and very convincing. I listened to it.

My friends and family accepted my decision against chemo, but it alarmed most of them. They couldn't believe that conventional treatments wouldn't be beneficial. After all, if they weren't, why did they exist and why did all oncologists prescribe them?

My sister flew across the country from Connecticut to go to the November 27 appointment with me. I was quite sure bad news was in store. When we got to the clinic, the oncologist was running two hours behind schedule. The receptionist knew about the delay, but didn't tell us—not because she was a bad person, but because the routines of the clinic had never been set up with consideration for patients' feelings. As the minutes dragged, my mood went from apprehension to anxiety to rage. We could have asked when we arrived if the oncologist would be on time. If we'd been told the length of the delay, we could have left a cell phone number with the receptionist and gone out for a walk or a coffee to relieve tension. (We finally did that after waiting an hour and a half.)

We saw the oncologist. She apologized for her lateness. I suggested that informing patients of known delays should be made a policy in the clinic. She agreed and had me speak to the clinic manager, who promised improvements. Then we got on to the gloomy business of the day. The PET scan had confirmed the earlier CT. Two tumors, the same size as they'd been in the CT, and some "spots." The PET scan showed the spots and the tumors were growing rapidly and quickly taking up the radioactive sugar. Colon cancer usually grows slowly; the oncologist believed the metastasis to the lungs had occurred before surgery, but had been undetectable then. She retroactively revised her original staging of

the colon tumor. In June, I probably hadn't had Stage 2B colon cancer; I'd probably already had Stage 4.

The palliative chemo she was recommending could lengthen my life by twenty months. If I didn't accept FOLFOX, my first symptoms—fatigue, breathlessness, a cough—would probably begin within seven months to a year. I said I still didn't want chemo. My sister, alarmed to see me burning my bridges, asked the oncologist how much I'd reduce the benefit of the chemo if I put it off six weeks, until after the next CT. The oncologist said the delay wouldn't make much difference. I liked her a lot for that, and also for having told me straight out that chemo couldn't cure my cancer. My sister's question—how much would I reduce the benefit of conventional treatment through postponing it?—is a valuable one for anyone who wants to try a natural cure or ponder a proposed treatment before accepting it.

Apparently carrots weren't working, but I kept on juicing them every day. I didn't look for any other cure. I think maybe we have a “backup brain”—one we use for emergencies when the nimble, calculating, doubting, discontented rational brain finds no solutions. My backup brain told me to juice carrots, so I went on drinking the juice, without much hope, but also without question.

In December I consulted the surgeon. He recommended chemotherapy. I asked him how long he thought I had to live. Two to three years, he said.

Ralph Cole phoned me to see how I was doing. I was very moved by his kindness to a total stranger. I told him about the rapid growth of the tumors and that the carrot juice cure apparently wasn't working. “The oncologist said PET shows the tumors are growing rapidly,” he pointed out, “and yet she also said they aren't any bigger than they were three weeks earlier. Maybe they grew in the week before you started carrots, but since then they've been shrinking.” It did seem contradictory that the tumors were growing rapidly but no bigger than they had been three weeks earlier. Another of life's mysteries.

I got through the Christmas and New Year's holidays with friends politely not mentioning my disease—the invisible elephant in the room, towering over the Christmas tree. Since no one saw it but me, I could almost pretend it wasn't there.

On January 9, the oncologist shared my next CT results with me. Surprised and cautiously pleased, she gave me good news. The two tumors hadn't grown; in fact, they'd shrunk slightly. She didn't recommend chemotherapy. I didn't need to stay in Portland. I could do what I wanted—fly to Guatemala for the winter. I got to Guatemala where the carrots are gigantic and very sweet. I kept on juicing carrots. I thought that maybe, they were curing me.

In March 2013 in Guatemala City, I had a new CT scan. I brought the

Guatemalan oncologist the X-ray and the report from the lab in a big white envelope. I was dying to see them—those were my results, after all, which I had paid for—but I didn't, because of a lifetime of conditioning in respect—the results were for the doctor, not for me, the humble body in question. I sat across from him in his office, my eyes fixed on the envelope, which he didn't open for what seemed an eternity. Meantime he asked me once again, as he'd done on my first visit with him, if there were any circumstances *at all* in which I'd agree to chemotherapy. I told him I couldn't think of any.

"At the bottom of my heart," he said, "I know that if I got cancer I would refuse chemotherapy. I've seen too many awful effects from it."

At last he opened the envelope. The new CT scan showed no swollen lymph nodes—the previously enlarged cancerous ones had shrunk further. They were normal. I think this means that I no longer had cancer—but he didn't tell me that, so I went on juicing carrots daily.

In mid-July 2013, I returned to Portland. I had a CT on July 30. On August 1, I got the results from my original oncologist: "Little change from January" and: "No Sign of Cancer."

Six weeks after diagnosis, two very aggressive tumors between the lungs had stopped growing. In three more months, all pulmonary lymph nodes were normal. In another three and a half months, the same result worded differently: no sign of cancer.

Being diagnosed with cancer that was expected to kill me, and then being entirely free from it was an extraordinary experience—joyous! As Winston Churchill once noted, "There is nothing more exhilarating than to be shot at with no result."

For the first time, I told my oncologist that I'd been using carrots as my weapon against cancer. I explained that I hadn't told her earlier because I figured she'd be skeptical.

She smiled and said she'd always thought I was the kind of person who'd try some natural alternative against the cancer. "And I'm not skeptical. I believe there are many natural substances that can attack cancer. I can't recommend any in particular, though, because we don't have statistics on their success."

I was feeling too good that day to ask the obvious question—why aren't statistics kept on those who cure themselves of cancer without chemotherapy and radiation?

Every year the big drug companies spend [nearly twice](#) as much on advertising as they do on research—including more than \$61,000 per individual U.S. doctor. Besides that, almost all cancer research spending focuses on the problems chemotherapy and radiation cause, or on minor differences between

drugs already in use.

Compared with those R and D and marketing billions, how much could it cost to follow up all patients, to know what their outcomes are? A substantial number of those who reject chemotherapy and radiation may have tried alternative cures and died of their cancer. Others may have tried something that worked—as I did. Wouldn't it be worthwhile to know what both these groups have tried, and to use this information to guide investigations into natural treatments? Why isn't it done?

I asked that question of an old friend, an inventor of medical devices. He said, "Who is going to pay for it? Drug companies can't make money selling carrots."

## Four: Falcarinol and Luteolin

It turns out that there is strong scientific evidence for carrots as an anti-cancer treatment. Carrots contain an amazing [number of compounds](#), and not all their effects and interactions are known. Two, falcarinol and luteolin, have been studied for over ten years. Both have strong anti-cancer effects.

Falcarinol is a compound in all carrots which prevents fungi from attacking their roots. It's also present in celery, parsnips, parsley, fennel, and ginseng.

For years, Dr. Kirsten Brandt, at the University of Newcastle-on-Tyne in the U.K., has investigated carrots and falcarinol. In many experiments, lab rats and mice were injected with carcinogens. Dr. Brandt found that, compared to mice or rats eating their normal chow, those fed either carrots or falcarinol developed a [third fewer](#) large tumors. (This is important, because small tumors don't kill rats or people; it's those that grow larger that are the killers.)

In Dr. Brandt's lab, the experimental animals ate blanched, shredded, freeze-dried carrots equal to 20% of the calories in their diets.

The human equivalent of the dose her lab animals ate is slightly over pound and a half of carrots daily. Five pounds of carrots, the amount Ralph Cole and I used, is three times that. Dr. Brandt has not done any experiments on people, and of course, human biology and rats' aren't necessarily the same. However, if what is true for rats is also true for humans, people consuming a pound and a half of carrots daily could reduce large tumor formation by a third. And it would be reasonable to suppose that three times that amount might eliminate tumors entirely.

Falcarinol is present in carrots in [tiny quantities](#)—a liter of juice from orange carrots contains only 13 milligrams of it. (To get an idea of how small an amount this is, visualize a gram, which is only about a US quarter teaspoon measure. A milligram is only a thousandth of that!) Five cups of carrot juice have around 17-mg. falcarinol.

Another anti-cancer compound in carrots, much more studied than falcarinol, is luteolin. Luteolin has [amazing benefits](#) for health. In 2008, the journal *Molecules* summed up its anti-cancer effects: "Luteolin displays specific anti-inflammatory and anticarcinogenic effects, which can only partly be explained by its antioxidant and free radical scavenging capacities. Luteolin can delay or block the development of cancer cells in vitro and in vivo by protection from carcinogenic stimuli, by inhibition of tumor cell proliferation, by induction of cell cycle arrest and by induction of apoptosis via intrinsic and extrinsic signaling pathways. When compared to other flavonoids, luteolin was usually



among the most effective...”

Besides its presence in carrots, luteolin is [also found](#) in parsley, wheatgrass, lemongrass, green peppers, celery, chamomile, yarrow, rooibos tea, thyme, peppermint, basil, artichokes, citrus fruits, and green onion leaves. In a usual diet, Americans consume a milligram of luteolin daily—a tiny amount. There are 75-mg. luteolin in five pounds of carrots—75 times the usual American consumption. It’s possible to buy purified luteolin in 100 mg. capsules, but luteolin is much better absorbed when it’s taken with its companion nutrients in a whole food. According to the *Journal of Nutrition*, “No single antioxidant can replace the combination of natural phytochemicals in fruits and vegetables to achieve their health benefits. The evidence suggests that antioxidants or bioactive compounds are best acquired through [whole-food consumption](#), not from expensive dietary supplements.”

## Five: Juicing Carrots

Here's how to do it.

Buy or borrow a juicer. You can find them used on ebay. Any kind will work, but a blender won't. (If you disregard this point and use a blender, you'll end up with a lot of mashed carrot, no juice, and a broken blender.)

Check reviews on the internet before you buy a juicer, and get a sturdy machine: the cheapest break down under heavy use. Some reviews claim that certain types of juicers make juice too fast, heating the juice and oxidizing it. I believe that with any type of juicer the resulting juice is plenty good enough to cure cancer.

Every day it took me about fifteen minutes to juice the carrots, begin to drink the juice, and clean the juicer. I used ordinary carrots, not organic ones. Any color carrots will work. The important thing for the cure is that the carrots are fresh. You can be sure you're getting fresh ones if you buy them with their green tops. Break off the greens right away. If you don't, they'll draw nutrients and water out of the carrot roots, making them less nutritive. Scrub the carrots very lightly to get them clean. Don't peel them—you'll lose half or more of the anti-cancer ingredient falcarinol, which is highest in the carrot skin. Cut off any bad spots. There are different levels of falcarinol in different varieties of carrots. Purple carrots, if you can find them, have six times the amount of the falcarinol in orange carrots, but the orange ones work fine. Maybe for someone very ill, who can't drink five cups of juice daily, it would be worth it to search out purple carrots.

Don't buy carrots that look brown around the stem; they aren't freshly picked. Also avoid buying carrots that have a greenish area at the stem end; the green part is bitter. It appears on carrots that have been planted too high, so that when they're growing, they get sunburned. If you do buy carrots with a greenish top, just chop the green part off and discard it.

Cut the carrots into pieces that will fit your juicer. They will make about five cups of juice (1.2 liters). They'll also make a lot of pulp. If the pulp is quite moist, you can run it through a juicer twice to extract more juice. The pulp is a good addition to dog food or in compost if you have a garden. There's some falcarinol in the pulp, but you will get plenty of it in the juice and don't need to eat the pulp. Cleaning the juicer parts only requires scrubbing them lightly and rinsing them off in cold water for a matter of seconds.

Ralph took his carrot juice straight and didn't mix anything with it. He

drank it all as soon as he made it. Many people don't report this, but I found the carrots had a very strong laxative effect if I drank all the juice at once, so I drank mine throughout the day, usually on an empty stomach, when absorption is better.

Keep the juice in the refrigerator in glass jars with lids. If you are pressed for time in the morning, you can prepare the carrots at night. Wash and cut them into pieces that fit into the juicer, then put them back into the refrigerator in a plastic bag. In the morning, you'll be able to make the juice in about ten minutes. If you take the juice with you to work, use a thermos or keep it covered in a dark place. Make sure to drink all the juice in one day.

I usually spiced up the juice with an apple and fresh ginger, and sometimes parsley leaves, a celery stalk, melon or other fruit. Ralph used only carrots to make his juice.

Ralph found that three cups of plain carrot juice daily stopped his cancer from growing, but they didn't eliminate it. If you can't manage to drink five cups daily, just three cups will probably arrest the growth of tumors. If you are very ill and unable to eat, even a cup of juice may improve your health and make it possible for you to gradually increase the amount you can drink. Assuming you have no trouble drinking, whatever you add to your juice, the essential thing is to always use five pounds of carrots. Small people may get by with less juice. Those weighing over 160 pounds (70 kg.) should drink several more cups daily.

High heat destroys falcarinol and its companion compound falcarindiol. Drinking bottled pasteurized juice from a store will give you the benefit of luteolin, which isn't heat sensitive, but not the benefit of carrot enzymes or falcarinol and its related compounds. There are additional compounds in carrots that have yet to be explored medically and that are probably available only in raw juice.

Ralph Cole skipped juicing one day a week—but never more. In eight months I skipped five days in a row three times, because I was traveling and didn't have access to a juicer. It won't hurt to miss a few times, but making juice your top priority nearly every day is essential to a cure. Focus and commitment is a vital part of winning against cancer.

Half an hour after you drink the juice, falcarinol can be found in your bloodstream. Its concentration reaches a peak in the blood [two hours](#) after drinking. If you are sick from chemo or radiation and it's difficult to drink, have as much as you can manage, on an empty stomach for better absorption.

Beta-carotene in carrots can change your skin tone and turn it lightly orange. I thought my skin looked better that way—tanned—rather than with its usual Portland pallor. The orange color is a harmless effect that will go away

when you stop juicing. If you have diabetes and are concerned about sugar, you might substitute celery for part of the carrot juice. Celery sometimes has double or triple the amount of falcarinol in carrots, but sometimes much less. It also has apigenin, which has been discovered to have its own very strong anti-cancer effects. Beta-carotene is not Vitamin A; it's a precursor to Vitamin A. That is, the body converts what beta-carotene it needs to Vitamin A and eliminates the rest. There is [little danger](#) of a Vitamin A overdose or a strain on the liver from eating carrots.

Besides hearing from people who will urgently tell you carrots are bad for your liver, you are no doubt going to hear from those who are sure you are getting “too much” sugar from carrots and “feeding the cancer.” The benefits of the anti-cancer ingredients in carrots more than offset any problem from sugar. True, it's important to avoid refined sugar and empty calories from sweets; but carrots, and most fruits, are rich in flavonoids and polyphenols that more than make up from any excess of sugar.

All your cells live on glucose. Cancerous cells are more efficient than healthy cells at taking the sugar from the bloodstream. To deprive cancer cells of glucose, you'd have to deprive all your normal cells of sugar first, and they (and you) would die. As the sugar from the carrot juice enters cancer cells, the falcarinol, luteolin and other ingredients that wake up the immune system enter, too. People who warn you to avoid carrots because they have too much sugar are like someone telling you “Don't put that piece of cheese in the mousetrap! You're going to feed the mice!”

I recommend using only carrot juice from one scan to the next, so if there is a decrease in tumor growth rate or size you will know what caused it. I think the right time for a scan is after six to eight weeks of carrot juicing. Ralph thinks a scan will detect improvement in four weeks. Ralph cautions that even if carrot juice isn't shrinking your tumor, it is probably keeping it from growing as fast as it otherwise would, and that before you give up on carrot juice you should increase the regularity with which you juice and the total amount you drink. I believe that if in eight weeks your scan results don't improve, you should take another approach to your treatment besides carrots.

If you attempt the carrot cure, you will be using carrots medicinally—consuming much more of them than anyone would normally. In addition to carrot juice, you should have a healthy diet—little meat or processed foods and lots of fruits and vegetables. However, I recommend making carrots the only dietary ingredient you take medicinally. It's possible that simultaneously forcing down every exotic natural anti-cancer treatment you've ever heard of might speed your cure. However, not all of them are well researched and you can wind

up spending a lot of money very fast on things you know nothing about, increasing your stress, panic and doubt.

Carrots alone cured me. There are many cellular pathways that contribute to curing cancer—but some of them may be incompatible. In using the “everything but the kitchen sink” approach you might cause traffic congestion, with one anti-cancer treatment blocking or canceling the effects of another. Another possible problem is that consuming many such ingredients, you may develop a sensitivity to one. Your whole body itches, and you know you have to give something up—but which ingredient is the one to avoid? You have no idea. (One woman with such an itch had used a number of anti-cancer ingredients for months, and had just started carrot juicing. She thought carrot juice consumption had caused the itch. I told her she was the first person to mention any problem with carrots. She quit garlic, which she had been eating for a long time in large quantities, and the itch went away.)

Another possible problem: You take an anti-cancer smorgasbord for six weeks, learn you haven’t stopped the cancer, and fall into panic and despair. Maybe one of the ingredients you used would have been effective, except that you weren’t getting enough of it—but you have no idea which. And then, having already “tried everything,” you have no idea what’s failing, what’s succeeding, or what do next.

Botanists and research biochemists may know what treatments are synergistic and which incompatible. I don’t. I suppose other foods or spices containing luteolin and falcarinol will be compatible with carrots. All I’m sure about is that using carrots, and no other foods as medicine, worked for me. I juiced five pounds of carrots almost daily for eight months, and now I have no detectable cancer. It was simple. It was safe. For me and some others, it worked.

If you try another natural remedy, investigate it thoroughly through online research and try to find studies from respected universities that validate the approach. Use formal and specific scientific names to get the best results, and look up your kind of cancer by name. For instance, when I looked up cancer and carrots together, I found almost no information; but in an online search for “luteolin” together with “prostate cancer” I found many interesting studies. Looking up simply “natural cancer cures,” I came across one very dismal litany that ran something like this: “There is no proof that mushrooms can cure cancer; there is no proof that broccoli can cure cancer; there is no evidence that curcumin can cure cancer.” For the anonymous writer of the article “proof” obviously could come only from double-blinded clinical trials which will never be undertaken. But if you look up specific cancers, fruits or spices, you will find plenty of evidence for their anti-cancer effects.

While I juiced the carrots I ate my normal diet, which included thin pancakes stuffed with fruit; pasta; pizza (thin crust pizza with minimal cheese and lots of vegetables); yogurt, cheese, a little milk, very occasional red meat; chicken, eggs, salad, black beans with onion, garlic and cilantro; tortillas, and a small piece of chocolate most days. The first seven weeks I was using carrots, every day I had a Trader Joe's mini ice cream cone (or two!). I drank two or three glasses of red wine a week. I never had sodas, chips, any junk food, or any other alcohol. I took a B complex vitamin, two probiotics daily and occasionally extra Vitamin B12 sublingually. I didn't take vitamins A, C, D, or E. High D levels are supposed to help prevent cancer, but Guatemala is very sunny, so I believed I didn't need any additional D from capsules. In some cases, Vitamin E as alpha-tocopherol [stimulates cancer](#). I didn't take [folic acid](#). Folates from greens are healthy, but folic acid, which is a synthetic folate, can be cancerous.

Anti-cancer compounds in isolation, in too low or too high amounts, (for instance the use of luteolin tablets against endometrial cancer) can have consequences entirely opposite from what we hope for. The most prudent course is to get nutrients from food.

Since inflammation in the body stimulates cancer, it would be a good idea to eliminate inflammatory foods from your diet and add those that are anti-inflammatory.

All the time I was juicing, people who didn't know I had cancer commented on how healthy I looked. My skin started looking radiant. Acne went away. I got strong fingernails for the first time in my life. My hair grew better. I didn't get any colds at all: I was used to having several a year that could hang on for weeks and make me miserable. Muscle aches vanished. Despite being aware that I might die from cancer, I felt unusually happy most of the time. I think I was learning to ignore things that don't matter and to appreciate the most basic things in life—the feeling of a breeze on my skin; the stars in the sky; and love.

For Ralph Cole, carrots were effective medicine. He has been cancer free for over seven years since his carrot juice dosing months, and he's only rarely juiced carrots since. I hope that like him, I'm not only "free of signs of cancer," but have put the disease behind me.

As a follow-up to my July 2013 CT scan, I had a colonoscopy and an endoscopy in early September 2013. They showed no cancer and no inflammation in my intestine. Before the procedures, though, the gastroenterologist pressed me toward more cancer treatment. "Now why don't you have chemotherapy, just in case you have a little cancer to mop up?" I told him I'd already mopped it up—with carrots.

## Six: Treating the Community of Cells

*Therapeia* is the ancient Greek word for healing. What we call chemotherapy—treating cancer by injecting people with chemicals never naturally found in the human body—is more a chemical assault than a therapy. It began as a wartime experiment in the 1940s. Researchers with the United States military noticed reports that battlefield exposure in World War I to a chemical weapon, mustard gas, had stopped the growth of soldiers' rapidly dividing white blood cells. It occurred to them that mustard gas might also work against rapidly growing cancerous cells. Breathing in mustard gas irritated the lungs, but as a liquid, it could be infused into a vein. The immediate effect on tumors was dramatic. They shrank rapidly and even disappeared completely. Unfortunately, success from this approach was temporary for almost all types of cancer. Soon new tumors, or undetectable remains of the old ones, grew again. In spite of its tremendously high rate of failure, in over sixty years, the strategy of using toxic chemicals to destroy tumors has remained the basic medical approach to cancer.

People often believe that the expensive and difficult is better than the cheap and easy. It seems laughable to suggest that the humble carrot can do more for you than radiation or chemo. However, in the world of cancer treatment, the low-cost and gentle can be better and more effective than the most expensive and highly recommended new drugs. We don't understand that because we don't think much about the nature of our own bodies.

A carrot is not only a low-priced, mildly sweet crunchy orange treat fortunately well shaped for enclosure in a plastic bag. A carrot is an organism that has grown and evolved over thousands of years, changing to meet changing environments, developing chemicals to defeat many enemies attacking them from underground and from the air. Over many millennia, too, our bodies and our diets have adapted, using these same chemicals to defend us against our attackers. In a sense you could say our bodies have learned from carrots. Carrots are smart! They've had thousands of years to work on their chemistry and haven't made a misstep and gone extinct. Admittedly they have no diplomas, small vocabularies, and no brain—but they possess innate intelligence, and that allows them to doctor us.

Just as we rarely stop to think of a carrot as a living thing, in the stillness of a mirror's view we never see our own bodies' internal never-ceasing dynamism. That makes it easy to conceive of a tumor as being like a large rock that's fallen through the roof into our house and needs to be dynamited. Bomb the rock, and

when the dust settles, we'll rebuild. That's the approach of chemo and radiation—for half a century our favorite weapons in “the war against cancer.”

Unfortunately, our house, the body, is vulnerable: the dust is alive and full of seeds. If it flies instead of settling, the damage to the house can be fatal.

It's interesting that in their different ways both chemotherapy and radiation have had a long history tied to weapons of war. More than half a century has gone by while we donate over and over again to win “the war against cancer” and “the fight against cancer”—with never a solid victory in sight.

When I found that colon cancer had metastasized to my lungs, I determined not to think of it as a dreaded omnipotent enemy that had control of my body. Scientifically, as well as psychologically, I was right.

Naturally when we learn we have a tumor, we want it gone immediately, and sometimes what doctors call the “tumor burden”—its size—must be reduced by standard treatments before it overwhelms us: the advance of cancer doesn't always leave natural treatments sufficient time to do their work. But the tumor is not the root of cancer,—it's only a symptom. Cancer is a [systemic failure](#), a breakdown of the body's regulation of cell growth and cell destruction. Nutritional research shows that dietary ingredients alone can restore the body's power to regulate cell creation and death.

Until the early 1990s, the focus of cancer research was on tumors and individual cancer cells. Then researchers realized that without the cooperation of normal, healthy cells, cancerous ones couldn't grow. The neighbors of cancer cells permit or deny their growth. What controls the neighborhood are cellular switches that regulate the expression of genes. Some of our genes are “onco-genes”—genes that naturally promote cancer. Others are naturally cancer suppressors.

Imagine a young delinquent living in your neighborhood. What he can get away with depends on the reactions of his noncriminal neighbors. They notice his activities and phone each other about him. After a while, some of them may prefer to quit worrying about the guy, turn off the phone, settle back on the couch and watch TV. Others may be crime-tolerant enablers. One or two may be converted by his talk and join him in a life of crime. Others may report him to the police. Still others may organize the whole neighborhood to disarm him and get him locked up.

Similarly in the body, a delinquent cell—a cancerous one—lives in a neighborhood. What it can get away with depends on the cross-talk—the signaling—among its noncriminal neighbors. Chemicals carried in the blood can change cell signaling and the [expression of genes](#). In each cell, the genes are wound like thread around protein spools called histones. Temporary but often



long-lasting settings on the histones control gene expression. Chemicals, including nutrients, affect the spools and can switch on or put to sleep cells' awareness of what's going on around them and what ought to be done about it.

The study of the cell signaling that controls expression of genes is called epigenetics. The prefix “epi” comes from the Greek for “on top of.” Epigenetics rules genes. Like our genes, the settings for our epigenetic switches are inherited from our parents. Our genes only change in the rare case of a mutation, but epigenetic switching is reversible. That's why twins who are identical at birth may be [very different](#) in appearance, personality, and health by the time they reach adulthood.

An epigenetic switch may be set to turn on the activity of an oncogene—a gene that promotes the formation of cancer. It may be reset to turn the oncogene off. A switch may be set to stimulate cell division, or to tell cells to die. In the body's ceaseless conversation with itself, the chances for change end only with death. A single health-building food can adjust the conversation in hundreds of ways, while a manufactured synthetic drug may work only one way—not enough to change things.

In 2012, in the journal *Nutrition and Cancer*, cancer researchers considering the dynamism of the body, wrote:

Four decades after U.S. President Nixon officially declared the “War on Cancer,” the overall rates of cancer have not substantially changed. ... Why are we losing the war against cancer? ... We argue that the primary cause is too narrow a focus in the effort to develop a cancer drug for a single target... Extensive research within the past half-century has revealed that cancer is caused by a dysregulation of as many as 500 different gene products. Most natural products target multiple gene products and thus are [ideally suited](#) for prevention and treatment of many chronic diseases, including cancer.

Researchers in nutritional epigenetics have found that some fruits, vegetables, herbs and spices can wake up the cells of the immune system and cause them to kill cancer.

You could compare beneficial nutri-epigenetic effects on the body's genes to the work of a piano tuner. It's the same piano before and after the tune-up, but beforehand, with some notes set way high and others silenced, the piano doesn't work right, and the music goes awry.

Carrots are one of the foods that, used in large enough quantities, as medicine, can achieve this re-tuning. They might do it for you. If they don't, other foods may. Avocados, cabbage, broccoli sprouts, spinach, grapes, apple peel, lemons, strawberries, black raspberries, turmeric, rosemary, cinnamon and

many others have [anti-cancer effects](#).

The difficulty is in the details—learning how much it takes of any of them, or a particular combination of them, to cure cancer. The advantage of using carrots as medicine is that in a number of people, the same quantity of carrot juice—five cups—has cured cancer quickly and in a similar time frame. (More carrot juice daily wouldn't hurt, and of course it's possible that some people with cancer might need even more.)

You'll remember that when Dr. Kirsten Brandt fed her mice and rats carrots or falcarinol, they developed fewer large tumors. Tumors grow large only when they are able to stimulate new blood vessels to form and bring them nutrients. That process is called angiogenesis— "angio" from the Greek word meaning container or vessel, and "genesis" from the Greek word for development.

One of the ways carrots reduce cancer is through "anti-angiogenesis." Dr. William Li of Harvard Medical School has done much research on anti-angiogenic foods—foods that stop tumors from forming their network of new blood vessels. In a [TED talk](#) "Can We Eat to Starve Cancer?" Dr. Li describes his laboratory's study of anti-angiogenic foods. Anti-angiogenic foods change our epigenetic signaling and thereby save our lives. Carrots are one of the best of these foods.

We know we can't change our genes. That can make us fatalistic about our life expectancy and unaware of the importance of our individual choices. But nutri-epigenetics is as important in our lives as our genetics.

Speaking at a leadership conference in 2008, Craig Venter, the first scientist to sequence the human genome, de-emphasized the importance of genetics. "Human biology is much more complicated than we imagine," he said. "Everybody talks about the genes they got from their mother and father, for this trait or the other. But in reality, those genes have very little impact on life outcomes. Our biology is way too complicated for that and deals with hundreds of thousands of independent factors. Genes are absolutely [not our fate](#)."

Tumors begin from mutated genes in single cells, but it's signaling problems in the body that permit the growth of those single cells. They form tumors when normal cells [lose their capacity](#) to recognize them, or the defective cells lose their ability to respond to signals. Though the immune system is still present, it has become part of the problem rather than the solution. Dietary changes can [restore](#) its normal functioning.

In his essay "Why Cancer and Inflammation?" Dr. Seth Rakoff-Nahoum, Professor of Immunobiology at Yale University School of Medicine, discusses the causes of cancer. He says most cancers derive from irritants that cause long-term inflammation. The irritation might come from a viral or bacterial infection,

smoking, particular foods, or exposure to pollutants. The body's innate response is to send immune system cells to the site of the irritation, inflaming the tissue to eliminate the alien intruder. The innate immune system then goes on to take care of the further work to be done. When we have a simpler damage than cancer, for instance, like cutting ourselves with a kitchen knife, the immune systems senses the wound as a hole in our body that has to be filled in.

Dr. Rakoff-Nahoum explains that when inflammation can't end chronic irritation inside the body, the immune system interprets the inflamed area as a wound to be filled in, and signals cells to proliferate. Some of the proliferating cells may mutate and form a tumor. We often think we have cancer because our immune system has failed, but when tumors are examined under a microscope, many kinds of immune system cells are found inside them, [creating inflammation](#) and cell proliferation.

Carrots stop inflammation and may slow down or even stop the immune system's mistaken call for growth factors, restoring the healthy community of cells. In the anti-cancer game, chemotherapy and radiation are like angry coaches who, not liking the way the game is going, get out their guns and massacre the players. In contrast, carrots' epigenetic solution to cancer re-educates the players to work together differently.

## **Seven: Apoptosis and Necrosis**

The means carrots use to cure cancer aren't fully understood, but they are clearly superior to those of chemotherapy and radiation. Carrots do no harm to the body; they're cheap, and they're available almost everywhere in the world. If you choose chemotherapy and radiation, it's very much worthwhile to drink carrot juice as well, to increase their effectiveness. The faster chemo and radiation work, the less damage they'll do your body. The longer you use them, the less effective and more damaging they become. Here are some reasons why.

Cancer occurs when cell signaling goes wrong. Attacking cancer, chemotherapy and radiation both assault the immune system. They kill the rapidly growing red and white blood cells forming in the bone marrow. The death of the red blood cells creates anemia. With fewer red blood cells, less oxygen is available to aid in killing cancer cells. Having too few white blood cells, a condition called neutropenia, the immune system can't defend against infection. Anemia makes people weak and fatigued; neutropenia puts them at risk of fatal infections.

There are about 70 trillion cells inside an adult human body. Every second a million old cells die and a million new ones are born. There are two main ways the body kills old, damaged or cancerous cells. The first is apoptosis. The word comes from the ancient Greek, in which it was used to describe the kind of death that comes to a browning leaf in autumn, falling from a tree. Apoptosis is a gentle programmed death in which the cell disintegrates within its own membrane as proteins called caspases enter it to take it apart from inside. No damage from the break-up goes into the bloodstream to cause inflammation. This is the way carrots destroy cancer cells—by apoptosis, which doesn't damage surrounding normal cells.

The second form of cell death is necrosis, another word from the Greek that means, "killed thing, dead thing." In necrosis, cells are blasted open and their contents spill into the bloodstream. One scientist has compared an apoptotic death to a suicide—and necrotic death to a train wreck. If you are interested in seeing what necrosis looks like, use an internet browser and type in "necrosis" and "images."

Chemotherapy poisons rapidly dividing cells and damages their DNA. Once damaged, lots of them break down and die—but some don't. Many cancer cells are able to tolerate the chemo attack, repel it, evolve, and stay alive. In contrast, carrots and other natural cures restore natural cell regulation systems in the

body, re-sensitizing cells to chemical messages that tell them to die apoptotically.

Chemotherapy and radiation cause some apoptosis, but more often they cause necrosis. Necrosis can be fatal, not just to collapsing individual cells, but to our whole body. When cells die too fast through necrosis, a tremendous mass of dead cell material is sent to the kidneys, overwhelming their capacity to purify the blood.

This overkill is called Tumor Lysis Syndrome. According to the Journal of the American Society of Nephrology, “The massive death of tumor cells can ironically trigger a condition [Tumor Lysis Syndrome] that may itself be fatal to cancer patients, and it occurs in more than 20% of patients with certain cancer types.” It happens to [nearly 10%](#) of patients who are treated within a week of diagnosis of a new cancer; and it’s much more likely to cause death in the very first session of chemo treatment than at any other time.

Chemo- or radiation-caused necrosis may continue months or years after your treatment is finished—attacking healthy cells long after the cancerous cells are gone. Continued necrosis from chemotherapy or radiation can weaken heart muscle and cause heart attacks.

Follow up of close to 20,000 women with breast cancer revealed that radiation therapy reduced the annual mortality from breast cancer by 13%—but increased the annual mortality rate from circulatory problems by 21%—mostly from damage to the heart. Radiation made the survival statistics for cancer look good, while worsening those for heart conditions. The “progress” that lowered total cancer deaths came because women died from [heart attacks](#) instead.

During and after chemotherapy, necrosis kills healthy brain cells. For decades, women were told that “chemo brain,” the distracted minds and memory loss they suffered after chemotherapy for breast cancer, was “all in their heads”—just natural depression and worry about having cancer. Then, in 2006, Dr. Mark Noble of the University of Rochester Medical Center discovered that in 80% of the women who accept chemotherapy for breast cancer, “chemo brain” is real and organic. Chemotherapy attacks dividing cells in the brain that are meant to hold new memories. The longer and more intense the chemo, the more brain damage. Dr. Noble and his team found that three chemotherapy drugs were [more toxic](#) to healthy brain cells than to the cancer they were supposed to treat.

Chemotherapy and radiation cause necrosis. Necrosis creates inflammation. Inflammation stimulates growth factors to create more cancer cells and form new blood vessels to bring them food. A recent study showed that when chemotherapy and radiation attack cancer, they leave behind necrotic cell

fragments that the body can't clean up. These chemo- and radiation-caused fragments promote the [spread of cancer](#) to distant sites in the body.

Chemotherapy sometimes causes apoptosis, which would be a good thing—except the apoptosis from chemo can include a step called autophagy—from the Greek words “auto” (self), and “phagein” (to eat). Apoptotic cancerous cells can become zombies. Expelling parts of themselves while dying; they can simultaneously “eat” these fragments and use them as a source of energy to bring themselves [back to life](#).

Some researchers see an advantage to necrotic death: when cancer cells treated with chemotherapy or radiation resist apoptosis, necrosis can still destroy them, and continue killing them after treatment's over. The problem is that necrosis doesn't stop with killing only cancer cells. It also kills useful healthy cells.

In one particularly grueling case of cure by necrosis, chemotherapy and whole brain radiation eliminated a woman's brain tumors. However, after her treatment ended, her healthy brain cells continued to die. Her husband, describing her gradual mental deterioration over years, concluded, “Believe me, a slow, arduous, neurological death is not preferable to a cancerous one.”

## **Eight: Caution and Chemotherapy**

In my experience and that of many people I've talked to, doctors offer chemotherapy almost to the bitter end of the cancer journey—and enthusiastically, with far too little discussion of the damage it can cause, the reasons it can fail, and the doubts about its statistical claims to success.

The most dubious offer from oncologists is palliative chemotherapy—the chemo that can't cure, but is intended to shrink tumors and extend life. Many patients don't ask how long, on average, their life might be extended—this is usually a matter of only a few months, painful news oncologists don't necessarily share with patients unless they're asked. In England, a study recorded patient-doctor discussions of palliative chemotherapy and concluded: “Most patients are not given clear information about the survival benefit of palliative chemotherapy...”

Palliative chemotherapy uses drugs the same as or similar to those of "adjuvant" chemotherapy and causes similar side effects. Not knowing this, patients may make decisions they wouldn't make if they were fully informed. The English study points out that there's a very low survival benefit for palliative treatment and sometimes the side effects [shorten lives](#).

Dictionaries define a “palliative treatment” as one that doesn't attack the cause of a disease, but is rather intended to relieve pain. In theory, shrinking a tumor should lessen suffering. However, in another English study, 43% of mostly incurable patients [suffered toxicity](#) and pain from the palliative chemo treatments. One in four died from the effects of chemotherapy rather than from the cancer itself.

In 2012, the *New York Times* reported on a study of cancer and pain published in *Journal of Clinical Oncology*.

Researchers surveyed more than 3,000 cancer patients and found that nearly two-thirds said they were in pain or receiving pain medications. Roughly a third felt they needed more painkillers to fully treat their symptoms. A month after the patients saw their oncologists, the researchers again asked the patients about their pain. Instead of showing improvement, the percentage of patients who continued to be in pain remained unchanged. The findings are a sobering echo of research from nearly two decades ago that revealed that more than 40% of cancer patients did not receive adequate treatment for their pain. Nearly a third of cancer specialists waited until the patient was only months away from

death before offering maximum [pain control](#).

Oncologists convince patients of the importance of “tumor response” (shrinkage) as the measure of successful treatment, even though they know that usually chemotherapy and radiation shrink tumors only temporarily and a patient soon requires another, less effective, course of chemotherapy—“second line” or “third line” chemotherapy with different drugs.

Patients’ comments online about chemotherapy and new post-chemotherapy drugs are full of reports of debilitating effects; they usually conclude, saying, “But my tumor has shrunk” or “But I’m still alive, and that’s the main thing.” Though patients hope for a cure, they have been taught not to expect one—to think instead about “five-year overall survival” and to resign themselves to the possibility that five years later they may only be hanging on to life by a thread, undergoing more damaging treatments.

Standard treatments rarely cure cancer. Biopsies and surgeries can cause metastases. Chemotherapy and radiation are carcinogenic and [may stimulate](#) a return of cancer that’s resistant to treatment, or a new cancer that comes many years later. Chemotherapy is poisonous. Our cells want to live and have built-in protections against poisons. Every cell, cancerous or normal, has a pump inside it that expels chemotherapeutic drugs, sending them back to the blood stream and out of the body. These pumps become ever more efficient as chemo [treatments continue](#).

Many cancer researchers devote themselves to studying the problems of radiation resistance and chemo-resistance. Their findings are discouraging.

When radiation or chemotherapy attacks cancer cells, the most vulnerable cells die rapidly and tumors are reduced. Unfortunately, the tougher tumor cells that survive usually become even stronger and repopulate the tumor. Because the treatments are so hard on normal cells, the patient needs breaks from treatment. During those breaks, the cancer doesn’t rest, it grows. To get “the best outcome” for patients, at least 85% of the ideal recommended chemotherapy doses [are necessary](#), but in many cases it’s impossible to give that much.

Cancer industry statistics indicate that people who take chemotherapy and radiation live longer than those who refuse them. But is that true? People who die before completing radiation or chemotherapy treatment for cancer aren’t included in the statistics on the disease. Exclusion is fair enough when these patients got hit by a bus on the way to a chemo session. After all, in that case it’s not the fault of treatment that they didn’t reach five-year survival. But if they died as a consequence of treatment, cancer statistics should reflect that fact, and they don’t. Most people who get fatal illnesses from cancer treatments have their cause of death [recorded as](#) “pneumonia” or “cardiac arrest” among others, rather



than as “consequence of cancer treatment.” They might have lived longer—and more happily—minus their treatments.

Cancer patients take on grueling chemo or radiation because the official statistics about a particular drug seem to promise a longer life. An oncologist will report that in a major study, the group who took it lived two years longer than those who took no drug; or that they lived two and a half months longer than those who took a competing product. The statistics rarely include adequate information on quality of life.

Most clinical trials on individual drugs are financed by drug companies who sell them. Given the tremendous profits to be made with a new cancer drug, it isn’t surprising that clinical trial results are often fabricated. In her book, *The Truth about Drug Companies: How They Deceive Us and What To Do About It*, Dr. Marcia Angell, former editor of the *New England Journal of Medicine*, says, “Trials can be rigged in a dozen ways, and it happens all the time.” In a recent article, she wrote:

Most doctors take money or gifts from drug companies in one way or another. Many are paid consultants, speakers at company-sponsored meetings, ghost-authors of papers written by drug companies or their agents, and ostensible “researchers” whose contribution often consists merely of putting their patients on a drug and transmitting some token information to the company. Still more doctors are recipients of free meals and other out-and-out gifts. In addition, drug companies subsidize most meetings of professional organizations and most of the continuing medical education needed by doctors to maintain their state licenses. No one knows the total amount provided by drug companies to physicians, but I estimate from the annual reports of the top nine US drug companies that it comes to tens of billions of dollars a year. By such means, the pharmaceutical industry has gained enormous control over how doctors evaluate and use its own products. Its extensive ties to physicians, particularly senior faculty at prestigious medical schools, [affect the results of research](#), the way medicine is practiced, and even the definition of what constitutes a disease.

A chemotherapy drug or radiation in some circumstances may be vital for your survival. But it’s a good idea to investigate before you buy.

## Nine: Carrot Liberation

Oncologists can tell the truth yet mislead by omission—leaving out a full picture of a treatment’s likelihood of long-term success or failure, and its effects. Because of these omissions, patients may consent to treatments they would otherwise reject. The luteolin in carrots could liberate them from the side effects of two very common drugs.

### Liberation from Avastin

As discussed in Chapter Six, tumors can grow large only if they can stimulate angiogenesis—the formation of new blood vessels to bring them food. Avastin, currently the best-selling drug in the world, was developed to stop tumor angiogenesis and is usually prescribed for it. Avastin costs up to \$100,000 a year per patient [in the US](#). Even patients with insurance can be financially devastated by the out-of-pocket costs for this drug.

On average, Avastin extends cancer patients’ lives by only two months. It prevents tumor angiogenesis, but it also prevents healthy blood vessels from repairing themselves. Avastin can open holes in the intestines and the nose, prevent surgery sites from healing, and [damage](#) the circulatory system. The *Harvard Heart Letter* places Avastin near the top of the list of new drugs [causing damage](#) to the heart.

In-vitro and animal experiments show that luteolin [stops angiogenesis](#). Wouldn’t it be much less risky—and cheaper—for cancer patients to prevent angiogenesis by drinking luteolin-rich carrot juice?

### Liberation from Tamoxifen

30% of breast cancer survivors have a [recurrence](#) of cancer; 70% don’t. Oncologists don’t know which patients are among the endangered 30% and which are among the safe 70%. To prevent new breast cancer, they normally prescribe all their breast cancer survivors a grueling five-year or ten-year course of Tamoxifen. Tamoxifen is an estrogen-blocking drug. In some cases, estrogen getting to the breast can stimulate cell proliferation. Oncologists believe that preventing estrogen from getting to the breast will help block a cancer recurrence.

However, a healthy body [needs estrogen](#). Like Avastin, Tamoxifen goes too far.

Users of Tamoxifen report difficulty thinking. In a 2004 study comparing

three groups of women—those who used Tamoxifen, those who used supplemental estrogen, and those who used neither—the Tamoxifen users had the [lowest scores](#) on word memory tests and lower metabolism in two areas of the brain. Entirely blocking estrogen to the breast for five years or ten years has many bad consequences. Tamoxifen and its kindred drugs are horrific for many users. At the website *askapatient.com*, one woman reported Tamoxifen's effects on her life. "Leg cramps at night; joints hurting on waking every morning; nausea at the 2-3 week mark; muscle fatigue after short period of exercise; depression, crying daily, short temper. Not sure that I, or my family, can put up with these side-effects long term. Might extend my likelihood of the cancer not coming back, but at what personal price?"

A study by Mark Noble of the University of Rochester Medical Center found that with two days of Tamoxifen exposure at the level patients use, 75% of a certain kind of brain cell died—cells essential for making the insulating sheaths [required](#) for nerves to work properly.

A 2009 article in *Natural News* reports on a study showing that Tamoxifen, while decreasing risk for one kind of breast cancer, puts women in danger of a second, far [more dangerous](#) type of breast cancer. Breast cancer patients prescribed Femara, Arimidex, Zometa and other substitutes for Tamoxifen also [suffer bad effects](#).

Luteolin binds to estrogen receptors in the breast more strongly than Tamoxifen. It inhibits [cell proliferation](#) there without doing any damage to health. If oncologists were aware that long-term use of Tamoxifen creates much more serious cancer, and that luteolin prevents cancer cell proliferation without doing harm, wouldn't they would stop prescribing women Tamoxifen and prescribe either luteolin, or just carrots, instead?

Before accepting a prescription of Avastin, Tamoxifen or one of the Tamoxifen substitutes, people should ask their doctors for the evidence that these drugs prevent cancer any better than carrot juice.

## Ten: Puzzles of Profitability

Why don't oncologists prescribe carrot juice at \$15 a week to prevent angiogenesis, instead of sometimes fatal Avastin at \$100,000 a year?

Why don't oncologists prescribe carrot juice to prevent a return of breast cancer, when the luteolin in it works so well? Why, when Tamoxifen stimulates new, more serious breast cancers, do oncologists recommend five or ten years of it "just in case," so women can be "safe"?

Probably they've never heard of luteolin. Perhaps from habit they prescribe what drug salespeople suggest and what standard oncology journals advertise.

It's in oncologists' [financial interest](#) to prescribe expensive drugs, and certainly, that eases their way into believing in them. In the USA, the average oncologist's annual salary was \$248,000, and the highest paid among them received \$450,000 per year.

A large part of a U.S. oncologist's income—often well over half—derives from the sale of chemotherapy drugs. A [2011 article](#) from the *New England Journal of Medicine* explained:

Unlike other drugs, chemotherapeutics are bought and sold in the doctor's office—a practice that originated 40 years ago, when only oncologists would handle such toxic substances and the drugs were relatively cheap. A business model evolved in which oncologists bought low and sold high to support their practice and maximize financial margins. Oncologists buy drugs from wholesalers, mark them up, and sell them to patients (or insurers) in the office. Since medical oncology is a cognitive specialty lacking associated procedures, without drug sales, oncologists' salaries would be lower than geriatricians'. In recent decades, oncology-drug prices have skyrocketed, and today more than half the revenue of an oncology office may come from chemotherapy sales.

Before 2003, Medicare reimbursed oncologists 95% of the average wholesale price—an unregulated price set by manufacturers—whereas oncologists paid 66 to 88% of that price and thus received \$1.6 billion annually in over-payments. To blunt unsustainable cost increases, the Medicare Modernization Act mandated that the Centers for Medicare and Medicaid Services (CMS) set reimbursement at the average sales price plus a 6% markup to cover practice costs. This policy has reduced not only drug payments but also demand for generics. In some cases, the

reimbursement is less than the cost of administration. For instance, the price of a vial of carboplatin has fallen from \$125 to \$3.50, making the 6% payment trivial. So some oncologists switched to higher-margin brand-name drugs. Why use paclitaxel (and receive 6% of \$312) when you can use Abraxane (for 6% of \$5,824)?

If you were an oncologist, would you prescribe carrots and get no commission whatsoever, when you can prescribe Avastin and get 6% of a hundred thousand dollars a year?

If as a cancer patient, you discover that your oncologist's prescription of Avastin or Abraxane is going to cost you \$10,000, you might explain to your oncologist that you can't afford it. He or she can probably find a cheaper substitute.

Studies have shown that gratitude, nice meals, and favors from drug companies play a major role in oncologists' prescriptions. When polled on this subject, oncologists all say their colleagues are [swayed](#) by these promotional efforts, but that they themselves are not.

Dr. John R. Lee, M.D., author of *What Your Doctor May Not Tell You About Breast Cancer*, has comments applicable to the medical profession's approach to all cancers:

The politics of physician attitudes that don't support healing, medical research, and media information on breast cancer are disheartening, because they're largely controlled by large drug companies with one agenda: Sell more drugs.

At the root of physician beliefs and attitudes about breast cancer treatment is the fact that the pharmaceutical industry now powerfully influences both medical education and research. A recent *Journal of the American Medical Association* (JAMA) reported that 31% of medical school funding comes from governmental and pharmaceutical grants; we think this is a gross underestimate. In addition, drug company money is the driving force behind medical research, with a profound influence on the research that's chosen. For example, if a drug that has the potential to be patented is competing for funding with a drug that can't be patented because it's found in nature, there's no contest. The [patent drug wins](#), even if the drug found in nature might be the biggest breakthrough since penicillin.

Oncologists may not know much about natural ingredients and their effect on cancer, but the big drug companies do know; they're very interested in patenting components that can be isolated from them. As the *Journal of Nutrition* reports, isolated ingredients don't heal as effectively as whole foods;

but drug companies can't sell whole foods or entirely natural products. That's why they promote cancer-stimulating progestin for hormone replacement therapy, rather than also available natural progesterone. One day, decades in the future, drug companies will make ingeniously altered compounds from carrots into highly promoted capsules or creams. They may or not be good for you, but they'll definitely carry a high price.

It's better not to wait. Right now you can drink carrot juice and learn its benefits for yourself.

## Eleven: Making Decisions

### INTERVIEW YOURSELF

Most oncologists justify conventional treatments old and new, arguing that even though they often don't work, there's nothing else that will. They admit that chemo and radiation can cause your body long-term permanent damage or even a new cancer years in the future, but, they say, you should worry about today: you are better off stopping your present cancer than worrying about a cancer you may get months or years later. Now the clock is ticking, chemo and radiation are waiting, and your oncologist is ready with a treatment plan for you.

Is the moment of diagnosis really an emergency? Usually not. Most likely your cancer has been growing a long time and isn't about to kill you within hours. Probably you have time to mull things over for a few days or longer and investigate for yourself any treatment proposed for you before you accept it. You will have many questions when you interview your doctor. But first, you would be wise to interview yourself.

Confronted with the chilling statistics about cancer, our first impulse may be to accept every treatment our doctors recommend and be one of the exceptions, one of the lucky patients who will be cured. But if our determination to survive is mostly panic—a fear of our mortality—our first reaction can prevent us from thinking clearly.

Years ago, I came across a quote from the English author, Somerset Maugham, that changed me and many of my decisions. Maugham said, "It is a funny thing about life; if you refuse to accept anything but the best, you very often get it."

When I got cancer, I wanted the best—not three more years of life, not four years of treatments and a new cancer two years later. I wanted a cure. If I couldn't have the best, I was ready to accept death. I don't say this is the right choice for others. Much about cancer depends on one's individual character and life circumstances, and particularly, one's age. But often, when we ensnare ourselves in accepting less than what we really want, we lose our chances for the best.

Facing the reality of death squarely can do a lot to clarify who we most deeply are, what we want from life and how we want to live the time left to us.

When you get a diagnosis of cancer, before you interview your doctors, interview yourself. Resolve that you'll deal with your cancer in the way that is

the absolute best for you. Refuse to be scared of it, because if you are scared of it, it can defeat you. You can work against it better if you fully accept its dangers. In the U.S. most of us prepare for everything in life but death. But to live our best, we need to recognize and prepare for that final challenge.

As soon as you're diagnosed with cancer, and ideally, long before, you can prepare a living will, an advance directive and, in some U.S. states, a [POLST](#) order. Name a legal health care proxy who will make health decisions for you if you can't. Keep these papers in a place that's easy to get to, and tell those you care about where the papers are. Make sure your loved ones know how much treatment you want; any treatments you definitely don't want; and when, if the cancer can't be stopped, you want to end conventional treatment. (A helpful new foundation set up to make it easier for you to explore your values and share them with your family is called [The Conversation Project](#) If you don't make things clear to your family, the time may come when you can't speak for yourself; and the bitter disagreements among your loved ones about what you really want could divide them for life.

Your evaluation of standard treatments will depend on your age. If you're thirty years old with a potentially fatal cancer and you risk an extreme treatment that makes you very sick, but eliminates cancer, you may gain 45 years more of life. You undergo major risks for potentially a big payoff. If you're seventy years old and have the same treatment, your risk of treatment complications leaving you disabled is much greater than for the thirty-year-old. Moreover, the big jackpot—45 probable years of further life, is not available to you.

At seventy, life expectancy is about ten years. Suppose you succeed in defeating cancer at 70 and lowering your risk of its return to near zero, but treatment also reduced your quality of life to near zero and you soon die of pneumonia. What will your sacrifices for cancer treatment have accomplished?

At any age, when you interview yourself, ask how much treatment you want. How much are you willing to pay for it in terms of physical suffering and financial cost? Would you want members of your family to mortgage their homes and go into debt to give you every chance to live a little longer, even if your quality of life were gone? Answer these questions while you feel relatively good and have the strength to deal with them. Let everyone important to you know your decisions and put them in writing. Look into the laws of your state to find out what documents you need to make your health care choices medically and legally binding.

## **USING THE INTERNET FOR RESEARCH**



Making the decision to first try “carrots only” can radically simplify your cancer treatment considerations, probably saving you many thousands of dollars, and possibly curing you. But whatever cancer treatment interests you, including carrots, research it yourself. This is how.

Your first concern will probably be to find out how standard cancer survival statistics predict your length of life. To get search for that information, enter as your search term the kind and stage of your cancer, and the words “overall survival”—the figure that includes people who haven’t died from cancer or any other cause in the listed time frame. When you read the results, remember that they are based on almost entirely on people who have accepted surgery, chemotherapy and radiation as their treatments, and who probably weren’t advised to make any dietary improvements in response to their cancer. With the cancer education this book is giving you, you have a good chance for a better outcome than statistics show.

Your next concern may be to investigate alternative treatments. If you are interested in using acai berries to cure your cancer, type in “acai berries” and “cancer fraud” on an internet search. Then, “acai berries” and “cancer cure.” Evaluate what you read for and against a given treatment. To get the most recent research first, add a date, like “2013” or “2014” to your inquiry. Using Google, you can enter up to 32 words per search.

Perhaps you think of having “Slammer” electromagnetic treatments from Sara Smith (a fictitious treatment from a healer whose name I’ve just invented). You hear about Sara from a friend and want to know more about her. Look up “Sara Smith” with the words “Slammer” “cancer treatment” and “complaints” or “fraud.” Then look Sara up again with the word “cure.” If you see a website that tells you she has a Ph.D. in Biochemistry from the University of California, check on her credentials. Google her name with the words “Sara Smith” and “Ph.D.” and “University of California.” If you read that she has a diploma from “Slammer Technology School,” Google “Slammer Technology School” and “cancer cure,” then Google “Slammer Technology” and “complaints” or “fraud.” (You can also do your research on Sara’s treatment the old-fashioned way: ask Sara for references, with phone numbers, so you can talk to others she’s treated. Ask for some referrals to people who consulted her less recently, so you can be sure that you’re hearing about lasting results, not just hope and the placebo effect. Talking to her clients, ask for detailed description of treatments—not just a “Sara’s great!” response. When did the person see her, and for how long? What’s the state of the cancer now?)

If you get cancer, probably your primary care doctor will refer you to cancer specialists at a hospital near you. If you have worries about hospital

quality, it can help to talk to friends about their experiences in the one you've been referred to. You can also use the internet to type in a hospital name and the words "patient reviews." In the U.S., an excellent way to learn about their quality is to use a national website for nurses, [allnurses.com](http://allnurses.com), where nurses advise each other on working conditions in specific hospitals. A hospital that nurses say is understaffed and under-equipped is one for you to avoid.

Some corporate hospital chains are ruthless in squeezing every possible dollar from patients, and doctors must comply with those methods or lose their jobs. One, Health Management Associates, has been sued by the U.S. Department of Justice for false Medicare reimbursement claims. To increase its income, HMA forced its doctors to admit Medicare-insured people to its hospitals when they were perfectly healthy. Although the Justice Department has fined HMA very heavily, its profits are so big that the fines become just a [minor cost](#) of doing business. Community Health Systems, an even bigger chain, has now bought HMA.

To learn about oncologists, check with friends and also the internet to research their reputations. Let's say you want to learn about Wallace Wellness, M.D., the oncologist you've just consulted. Has anyone brought a lawsuit against him for medical negligence? Many doctors get sued unfairly—but it wouldn't hurt to do an internet search of his name with the words "patient reviews" "medical negligence," "complaints" or maybe "litigation."

If you suspect that doctors may be biased because they receive income from drug companies, you can look them up through ProPublica, an organization for journalism in the public interest. I looked up my Portland, Oregon oncologist and surgeon on ProPublica, and found out they were not accepting such payments. That increased my faith in them.

To find out about side effects of individual drugs, go to websites which list them. If, for example, your doctor recommends Cisplatin, search the drug by name with the words "price" and "side effects." You will find that its side effects can be pretty nasty, and can range from ringing in the ears to total deafness, a complete loss of balance and inability to walk. Then you might look up "percentage with loss of balance" or whatever other percentages concern you. Following that search, it would be useful to look up together, your kind of cancer, and "alternatives to Cisplatin." You'll find what might be prescribed as alternative drugs, and their side effects. [Askapatient.com](http://Askapatient.com), [webMD.com](http://webMD.com), [drugs.com](http://drugs.com), [rx.com](http://rx.com), and other sites provide detailed patient reports on their experiences with cancer drugs. It's true that usually people who have a worse, or better than usual, response to a drug, are the ones who comment. But don't discount the commenters: you could respond to a treatment just as they have.

For an estimate of how many people are damaged by a particular treatment, look up clinical studies of particular drugs by name, with the name of the drug, the words “grade of toxicity” and “clinical studies.” Oncology research grading of drug toxicity goes from 1 (no side effects) to 5 (death). If you see many ratings of 3 and above, you are probably looking at a drug that might be fatal for you. Often after a drug is approved on the basis of the manufacturer’s clinical trial, a later independent study shows a higher level of toxicity than the earlier trials.

Some scientific journals charge to view their articles. Both public and university libraries subscribe to many journals and offer readers free access to them. If you do your research in these libraries, you won’t have to pay to read studies that interest you.

If you aren’t strong enough or well enough or computer savvy enough to do this kind of research for yourself, have a friend do it for you.

## **INTERVIEW YOUR DOCTOR**

With the sudden blow of a cancer diagnosis, you’re guaranteed to forget, misremember, or misinterpret something your doctors say. Therefore, don’t see your cancer physicians alone. Always take a family member or friend to your appointments. Choose somebody who stays cool and can take notes. Ask the doctor to explain any words you don’t understand and spell them, so you can look them up later. Be sure you understand clearly the risks of treatments proposed for you. Read the fine print on reports of your cancer, and look up the definitions of any unfamiliar words. Take a digital recorder to each meeting with your doctors and listen to the whole conversation later to be sure you get all the details.

If you are determined to try natural treatments first, at your initial appointment make that clear to the oncologist. Ask if in your circumstances you can afford to wait eight weeks before turning to conventional treatment. If your oncologist is entirely opposed to natural treatments, ask to be referred to an oncologist with an interest in them. You need an oncologist who can support and guide you, or at least respect your choice and listen. Providing an oncologist information about cancer-related studies of luteolin, falcarinol, and carrots might help gain professional support for your choice.

As a patient, you give your informed consent to treatment. That doesn’t mean just a casual “Sign here.” The legal requirement for your informed consent exists to protect you. When you are informed, you have learned the purpose of the proposed treatment, and its record of success. You should understand all its side effects—how frequently they occur, how severe they can be and how long

they might last. How many patients drop the treatment rather than completing it? You should be told the length of treatment, and how it compares to alternatives, including doing nothing.

If you consider chemo or radiation, ask about their effect on your appetite. As mentioned earlier, 80% of cancer patients suffer malnutrition [during treatment](#). Just at the time people vitally need maximum nutrition, they often don't want to eat, or can't. Chemo usually causes nausea, a sour metallic taste to food, and lack of appetite. Radiation can burn your throat so badly that you'll have to be hospitalized and fed intravenously. According to the National Cancer Institute, 20% to 40% of cancer patients die from causes related to malnutrition, not from the cancer itself.

Dr. Kevin Block, M.D., Medical Director of the Block Center for Integrative Cancer Treatment, points out that “Unfortunately, conventional medical advice suggesting a patient eat whatever they want, can actually feed the patient's cancer, promote their malnutrition, and contribute to the patient's inability to tolerate treatment.”

If you decide to use conventional treatments, you can make them work better by drinking carrot juice as you take them—preferably, no less than five cups of fresh carrot juice daily. The effects of carrots can only be good for you. Because carrots are anti-inflammatory, even if they don't cure your cancer, they will help you feel better. If later you decide you no longer need or want them, you'll have lost nothing on account of them—not your hair, your memory or your job.

Tell your doctor you must have adequate pain medication if your illness gets worse, and get details about how that will be arranged. The National Cancer Institute provides detailed information about kinds of pain control, its cost, and insurance coverage. To prevent sales of painkillers to addicts, the US Drug Enforcement Agency tracks doctors' prescriptions. To avoid problems with the DEA, among other reasons, doctors often under-prescribe painkillers to patients who need them. Those who [demand better](#) pain control will get it, but those who don't, may not.

Give yourself time to make your decision or to seek a second opinion or a third opinion. If information you get is contradictory and confusing, ask enough questions to clarify it. If you feel your doctor is evasive, is hustling you or is more of a salesman than a doctor, find another. You have a right to refuse any treatment that you believe will damage you. Make sure your doctor can justify clearly the benefits of whatever treatments he or she proposes. What's the evidence for them?

If your oncologist quotes statistics from clinical studies, ask how the study

group compares to you. Were they your age? Are you likely to have an outcome like theirs? You might ask your oncologist how frequently in his or her experience, your kind of cancer responds to treatment and is actually cured, without having a return of cancer. If you get discouraging information or none, it may be time for you to choose a natural treatment. Most attention in cancer statistics is given to five year survival, but you can also ask about two-year, three-year or ten-year survival figures.

There are some important terms to differentiate when you ask your oncologist about these statistics. For instance, “absolute survival” is the percentage of people with a particular cancer who five years later are still alive, with or without cancer and with or without quality of life. What is likely to concern you more than “absolute survival” is your chance of being cancer free in five years. That’s “disease-free survival.” You may want to ask your oncologist, “If I complete the course of treatment you propose, what is my chance for ‘five year disease-free survival’?” (Being “Disease free” indicates you are free of cancer, not of other diseases, including ones cancer treatment may have caused. You can ask about “over-all” survival—that’s your chance of overcoming all causes of death for a given period.)

You may also want to ask about a comparative number, your “five-year relative survival.” ‘Relative survival’ is the term used to compare a cancer patient’s chances for being alive in a certain number of years, with cancer, or cancer free, to the average 5-year survival percentage of cancer-free people your age.

If you are elderly, your oncologist may say, “If you take the treatment, statistics show that your five-year relative survival is 90%.” This sounds very encouraging only because your comparison population without cancer now has a shorter life expectancy. The 90% figure could mean, for instance, that those who don’t have cancer have a 30% chance of being alive five years from now, and you, if you take the proposed chemo or radiation, have a 27% chance of being alive in five years. Those who are cancer-free are only 3% more likely to be alive five years from now. Is it worth taking treatment for a 3% improvement in your life expectancy?

A study about mathematically evaluating risks versus benefits of cancer treatment concluded:

Because older patients have many competing risks for death, the absolute effect of a new diagnosis on life expectancy is often relatively small. Consequently, the potential gain in survival even from perfect therapy may also be small. Moreover, no therapy is perfect, and the risks of therapy often increase with age. In the elderly, the combination of a high

burden of competing risks and high rates of treatment-related complications conspires to reduce the net benefit of numerous interventions. We conclude that, compared with younger patients, the elderly should request only the more clearly effective treatments and should be willing to tolerate fewer associated complications before they agree to [initiate therapy](#).

Don't get so hooked on anyone's promises for a better future with a specific treatment that you won't give it up if it ravages your body and your life. Using meditation and positive visualization techniques can help keep you oriented to your hopes and best self. No matter your diagnosis, you can resolve to live every moment as well as you possibly can.

## CANCER CARE AND YOUR WALLET

Most U.S. health care organizations, even supposedly non-profit institutions, exist to make a profit. U.S. health care has become big business—too big. An organization called *StrikeDebt* describes the situation this way: “Private health care enriches a few—insurance companies, private equity firms, pharmaceutical companies, debt collectors, and global investors—at the expense of [everyone else](#).”

Like many other industries, U.S. health care works hard to develop more and more products to increase its sales and more persuasive means of selling them. Not all its products are worth buying. Interviewed recently, Dr. Angelo Volandes of Harvard Medical School said, “In the healthcare debate, we’ve heard a lot about useless care, wasteful care, futile care. What we...have been struggling with is unwanted care. That’s far more concerning. That’s not avoidable care. That’s *wrongful* care. I think that’s the most urgent issue facing America today, is people getting medical interventions that, if they were [more informed](#), they would not want. It happens all the time.”

Dr. Otis Brawley, Vice President of the American Cancer Society and author of *How We Do Harm: A Doctor Breaks Ranks about Being Sick in America*, says the U.S. healthcare system is “subtly corrupt.” It needs to be transformed, he says, and only an informed public—that’s you and me—can do it. In a speech, he told science journalists:

“We need to understand and appreciate science. We’re not going to have improvements in our healthcare system until the mass population demands that doctors appreciate science, justify their recommendations and justify their decisions. We need the skeptical, [educated consumer](#). We need people who consume medicine to think about health care the same way they think about

buying a television set at a Best Buy.”

Medical treatments cause 62% of personal [bankruptcies](#) in the U.S. Most people bankrupted by medical care are average Americans—with medical insurance. Even with the Affordable Care Act, most “affordable” insurance carries high deductibles: people go deeply into debt to pay for uncovered costs of treatment. If, as a result of illness they can’t work and lose their jobs, they fall even more disastrously into debt. In fact, half of all [home foreclosures](#) in the U.S. are the result of medical debt.

The financial pressures of cancer treatment, hospitalizations, drugs, travel to faraway cancer centers, hotels for family members, and time missed from work can cause major stress. Researchers have found that stress causes cancer [to metastasize](#). I would never recommend the carrot treatment as simply a cost-saving measure; but it’s obvious that more carrots and less chemo could mean much less stress for you.

*USA Today*, in the [article](#) “Boomers Face Crisis in Cancer Care” (September 2013) notes that of 13 cancer treatments approved by the Food and Drug Administration in 2012, only one was proven to extend survival by more than a median of six months. The drugs all cost more than \$5,900 per month.

When you talk to your oncologist, ask what your out-of-pocket costs will be for any drug proposed, and explain that the cost of treatment is very important to you and a major consideration in choosing a hospital. Let your doctors know from the beginning that you don’t want to be burdened with debt from unnecessary treatments or those of questionable value.

Get complete information about costs, whether you’re buying mistletoe off the internet, seeing a naturopath, or choosing an oncologist. Your oncologist might assume there’s no harm in prescribing you high-cost drugs—after all, the bill is going to your insurance company, not to you. But if you explain that you can’t afford uncovered charges and that a recommended treatment is far beyond your means, your doctors may find a cheaper alternative.

If you have to take on debt to pay for treatment, don’t put it on your credit card. Things go wrong and you may not be able to pay: interest charges and penalties for late payment can bankrupt you. It’s better to make a payment plan with the hospital. Ask for all bills to be itemized. Separate doctors’ bills from hospital bills. Make sure you’re not double-billed. Keep a dated, detailed record of appointments, tests and treatments and when you’ve paid for them.

Better hospitals usually have a financial officer whose job is to help you find ways to lower your costs. Nonprofit hospitals must comply with new IRS rulings that offer you some protection when they deal with your medical debt. If you feel that a hospital is more interested in billing you than helping you, look



for a different hospital.

## **WHEN CHEMO CAN'T CURE CANCER**

In 2013, a presenter at an American Society of Clinical Oncology Symposium warned, “Patients receiving chemotherapy solely for palliative intent have a high risk of chemotherapy-related hospitalization, defeating the goal of the care and [increasing](#) healthcare costs.”

If palliative chemotherapy can extend your life only briefly, painfully, and very expensively, you may do better treating yourself with carrot juice. If you have savings, use them for a marvelous trip you’ve always wanted to make, or invest them in your children’s or grandchildren’s education.

Why, when oncologists tell patients that their cancers are incurable by chemotherapy, do patients choose more chemotherapy?

Maybe it’s because they’re too emotionally devastated to absorb the news, or maybe it’s because their doctors don’t speak to them clearly enough. A recent study showed that 75% of cancer patients, told that more chemotherapy and radiation can’t cure their cancer, [believe their doctors](#) have said the opposite.

Patients who are incurable by radiation and chemotherapy mostly want to spend their remaining months or years at home, with family, rather than in hospital from treatment-caused emergencies.

An October 2013 article in *U.S. News*, “Weighing Over-Treatment vs. Ending Treatment” observed, “Half a million Americans die of cancer each year, and far too many of them die in ways they do not want: hospitalized, in an ICU, unaware of loved ones.”

A hospice worker, Sandra Allen Nash, commented on the article: “... I see many suffer through course after course of excruciating treatment and I often suspect that if the diagnosis hadn’t been made the patient would have actually lived longer and with a much better quality of life. I fear the oncologists will never stop trying to cure that which they know is incurable and almost never give the patient the truth about the consequences of the treatment, or a clear view of their option to enter a hospice and actually live out their days in [peace and comfort](#).”

Interviewed on National Public Radio, Dr. Ira Byock, a specialist in cancer and palliative medicine, and the author of *The Best Care Possible*, said many doctors have a difficult time breaking painful news to patients:

The open secret among clinicians is we really care about the people who are our patients. ...That's not unwholesome. ...We get close to these people, and I think ... aren't clear in their communication. It's wrong. It's not good practice. But in fact, we hate to make people cry. And it sounds



funny to say, but in fact I've seen so many good clinicians—oncologists come to mind, but also cardiologists—who are reticent to tell somebody that their [disease is incurable](#).

In some parts of the U.S., many cancer patients wind up getting [useless treatments](#) up to the week before their death and die in a hospital in intensive care. In Canada, a study shows that [almost half](#) of terminal cancer patients die in hospital, although they say they would prefer to die at home. This is [more likely](#) to happen to those who choose palliative chemotherapy than to those who decline it. Often it's because their families, refusing to understand that death has become inevitable, won't let them go. Frequently it's because doctors [haven't shared](#) their prognoses with patients honestly. We need to realize that eventually, the time comes for everyone to let go.

If you are a cancer patient, pressure can come from friends, family, doctors, the media and even yourself. The best way to manage the crises of cancer is to educate yourself and take time to think before making decisions. Make them only when you've listened to your inner voice—our deepest self, which knows how to guide you beyond fear.

## **Twelve: Cures and Improvements with Carrots**

To sum up my own cancer adventure: it could have been a lot worse. My oncologist was a caring person, and she was honest in telling me the bad news—that cancer is difficult to treat and that many people don’t make their fifth anniversary of diagnosis. But she didn’t discuss at all what might have caused my cancer and how I might have prevented it. And she didn’t tell me any of the good news. She didn’t mention the new findings in epigenetics. She didn’t tell me that cancer was a systemic disease of disordered cell signaling, and that perhaps, if normal cell signaling was restored, I could be healed. After I had chosen carrots instead of chemo and eliminated my cancer, she told me that she believes many natural treatments are effective in attacking cancer. But beforehand, she didn’t make any inquiries about my diet, or give any suggestions about improving it.

It seems that many oncologists don’t know about the scientific studies on epigenetics, or on carrots, luteolin, falcarinol, and other anti-cancer foods. I think they ought to; and they ought to tell their patients about them. I’ve also been told in their defense that they aren’t allowed to do this: their professional obligation is to recommend only “proven treatments” backed by statistics (no matter how discouraging). I’m told oncologists would risk de-licensing or a lawsuit from any patient who interpreted their mention of diet as a reason to choose carrots over chemotherapy and wound up dissatisfied.

My mother, who grew up in a town of 300 people in the woods of northern Wisconsin at the beginning of the twentieth century, told me about her neighbor, famous “Dr. Top.” Dr. Top was visited by thousands of sick people, coming from as far away as Chicago, to take tonics he’d created in his home. My mother said “Dr. Top” was probably not an M.D. at all, and she wasn’t sure if his tonics did anybody any good. Soon in the new century, medical “standards of care” and strict medical licensing were developed all over the U.S. to protect people from unlicensed, unregulated, and possibly uneducated healers like Dr. Top.

Eliminating the “Dr. Tops” of the country also protected the medical guild from competition. It has led over time to a rigid system of compartmentalized medical specialties, with heavy penalties for deviating from “proven treatments” and stepping out of one’s box onto some other professional’s turf. We citizens pay the price now in a very expensive medical system where not being found wrong is much more important than being right.

If somehow oncologists can’t talk to all their patients about cancer

prevention and the effects of nutrition on cancer, it's up to you and me to do it. The number of people I've heard from who are using carrots against cancer in a dedicated way are small, but the successes are remarkable.

I cured metastasized colon cancer with carrots, while Ralph Cole defeated squamous cell cancer, Lung, brain, esophageal, breast, prostate, and bladder and pelvic cancers have also responded to the carrot juice treatment. Here are reports from those who've cured themselves of other cancers with carrot juice. (For clarity, I've edited their comments to standardize spelling and grammar.)

## **Esophageal Cancer:**

### Case 1

Mark wrote me in January 2014:

*My girlfriend was recently diagnosed with a return of cancerous tumors in her throat/lymph nodes area. She had them removed through surgery and radiation two years ago. This time they were wanting to do the same thing. She has been really nervous with thoughts of having to go through it all over again. ... a couple of weeks ago we started her juicing five pounds of carrots a day and I am happy to say that when she went to the surgeon for a consultation, he said from the time of her ultrasound to the recent scan, which was a couple of weeks, the tumors have been "aggressively shrinking".*

February 9, 2014 update:

*The doctor said that there was no trace of cancer left and that she would not even need radiation. We are both thrilled! Thank you so much for helping to spread this important information about juicing with carrots. Because of caring people like you and Ralph we were able to try something that has done more than we could have hoped for. We are also trying to tell as many people as possible.*

### Case 2

Maria posted on amazon.com in a review of this book:

*Was healed of Lymph node cancer in the throat after juicing five pounds of carrots a day for about a month. Was going to have to have surgery, radiation, and possibly chemo when first diagnosed. I had to go through several months of back and forth testing with the doctors who, not all but most, refused to accept*

*that they were gone without traditional treatment.*

## **Lung Cancer**

On November 1, 2013, Jose in Los Angeles, diagnosed with lung cancer, reported his cure.

*My tumor was about the size of a walnut. I discovered it because I had a horrible cough so my Dr. x-rayed my lungs and found a spot on my lung. He then sent me to have a CT scan and told me it could be cancer. I saw Ralph Cole's banner [for his blog CancerIsOver] on the way home from the doctor that day. I called Ralph and he gave me a juicer. I juiced for two months and when the doctor x-rayed my lungs after 8 or 9 weeks of juicing the tumor or "spot" on my lungs was gone. The doctor says it was the fact that I quit smoking that made the "spot" or tumor go away. Either way I'm glad it's gone. I told the doctor I juiced and of course medical science doesn't believe in natural remedies so in my doctor's eyes it was the fact that I stopped smoking. I am glad I didn't even have to start any cancer treatments. It is my belief that the carrot juicing took away my tumor.*

## **Cervical and Bladder Cancer**

Though Melissa also used radiation, she believes carrot juice cured her cancer. She was diagnosed with cervical cancer in 2012, when she was 24. She declined chemo and tried a variety of natural treatments through November of 2013. She learned in January 2014 that the cancer had spread to her bladder. She had radiation during the month of June 2014, which helped with pain. In July she began juicing five pounds of carrots daily. A CT on August 19, 2014 showed no sign of cancer.

I asked Melissa why she believes that the carrot treatment, rather than the radiation treatment, was responsible for her cure. She wrote me:

*"I do believe carrots & nutrition played a more important role to my remission simply because I started feeling better and even my face changed a rosy pink color during the time I was juicing.*

*I still juice five pounds of carrots every day since it makes me feel so much better and I think a lot more clearly now."*

## **Prostate Cancer**

From a reviewer of *Curing Cancer with Carrots* on amazon.com:

*My father cured his Stage IV prostate cancer (metastasized to his bones) after the Mayo [Clinic] told him he was too advanced for chemo or radiation. We got him started on carrot juicing (carrots, celery, apple and parsley) 2 -3 times/day. He also used proteolytic enzymes between meals, probiotics, a good multiple/mineral vitamin, Vitamin D and eliminated all sugar, alcohol and animal protein. Within 3 months a follow-up bone scan showed no lesions and his PSA returned to normal. His cancer never did return even though his juicing had become more infrequent and he returned to eating animal products. He eventually died 15 years later (still cancer free) due complications from pulmonary fibrosis.*

## **Glioblastoma Brain Tumor**

On May 13, 2013, 72-year-old Alex of New Jersey was diagnosed with an incurable brain tumor, a glioblastoma. Overall, the 1, 5, and 10-year survival rates for patients with this kind of cancer are 33.67%, 4.46%, and 2.7% respectively, making it the [most deadly](#) form of all primary brain and central nervous system cancers. Soon after diagnosis, Alex had surgery for it. A few months later, there was a new regrowth of cancer above the spot where the original cancer had been removed. Alex had both radiation and chemotherapy, but doctors had no hope for him and said he would die in a matter of months. With no idea what to do, he and his wife made a spiritual retreat to a European shrine. Another woman on retreat told them about using carrots against cancer. When they returned home, starting May 16, 2014 every day Alex's wife prepared for him the juice from 5 pounds of carrots, 4 apples & 1 stick of celery & a handful of grapes, which produced about 5 glasses of juice. He eliminated red meat and all dairy products from his diet.

*His wife reported: "On July 22<sup>nd</sup>, 2014, an MRI showed not only that the cancer tumor stopped growing but that it had shrunk to just 2 mm. The doctor was very surprised, as they believe there is no cure for glioblastoma cancer. We proved that we could stop it! The doctor said it was a miracle. "Just continue what you've been doing," he said. So we continued with the diet.*

*"Alex had a new MRI on November 1<sup>st</sup>, 2014. On a meeting two days later to discuss its findings, the oncologist proclaimed to Alex, "After careful review the MRI shows that you are cancer free!" Can you believe our joy & how wonderful*

*we felt!*

## **Breast Cancer**

In 1972 at age 37, Doris of New Canaan, Connecticut received a terminal breast cancer diagnosis. After she had radiation and radical surgery to remove her breast and uterus, her weight dropped from 135 to 80 pounds. She became so weak that she was unable to walk, speak or recognize loved ones. She wouldn't eat, couldn't urinate, and only wanted coffee and pain pills. As her family prepared for her funeral, her husband, learned of natural healing techniques developed by the Foundation for Advancement in Cancer Therapy, "He handed me a small juice glass [full of] carrot juice with a straw and he made me drink it," Sokosh has reported. "After a month of the juices, I realized what was around me. My eyes got stronger. I was putting on a pound a week. Sleeping pills, tranquilizers, pain pills—in one month's time I was off them all and I was on the carrot juice. ...It took two years before [my] body could handle doing my normal routine, but my cleansing and my diet is the reason I'm here today." [Reported in the New Canaan News, February 18, 2010.]

## **Rectal Cancer**

During the first months of 2014, Rena wrote me from Australia about her husband Nigel's rectal cancer, which his doctors said chemotherapy could not cure.

*On January 2, Nigel was diagnosed by PET scan as having rectal cancer with mets to local lymph nodes and one near the left sternum. We were told it was stage 4. Prognosis: 92% of patients with this stage of cancer die within the first year and 8% make it to two years. The doctors said all they could do was palliative treatment, 6 cycles of chemo. If the tumour shrunk, they would use surgery to remove it.*

*The 2nd week of January, we started with a very good diet and carrot juice. Nigel drank the juice from five pounds of carrots daily from then to June 2014. Due to family pressure he began chemo, but completed only the first two-week chemo cycle of the recommended six. After getting heart and chest pain at the beginning of the second cycle, he decided no more chemo. He did not want to feel miserable.*

May 3, 2014

*A new MRI showed no sign of cancer. We talked to the radiation oncologist. Talk about a depressing day. He said although nothing was showing on the MRI - the cancer is going to come back—he requested a PET scan and said even if nothing shows on the PET scan, we should have chemo and radiation as there will be hidden cancer cells that cannot be picked up—I asked, can we not get the cancer surgically removed. He said, “Oh, if you go down that road, you are not trying to cure it.” I said, “O.K., say we go down the road you are talking about, which is six months of high dose radiation and chemo, would the cancer come back?” He said he did not know, it may. I looked at Nigel—he looked healthy as ever, no pain, no nothing just orange—I told the radiation oncologist about the carrot juice protocol and he just dismissed me. I asked him what caused the cancer—he said he does not know. How can you cure something when you don't know what caused it?*

*He even said that the chemo Nigel had does not get rid of the cancer, he said it was to stop growth and delay spread. So I said, “Isn't it amazing that this has regressed and you can't even see it?” DISMISSED again. Aarrrrgh—whilst I type this—Nigel is drinking his carrot juice. I am asking everyone I know to drink freshly squeezed carrot juice whether they have cancer or not!!! My mum and my younger sister have started. My brother in law as well :) To me regression of tumour and resolution of lymph nodes is a good result. Every day he feels good. I guess if we keep the good cells in excellent condition, they can fight the baddy cells.*

May 8

*Husband had PET scan today, in fact twice, and guess what??? They found nothing. The radiation oncologist was bemused, surprised. Primary tumour cannot be seen, and metastases to distant and local lymph nodes clear. Following the PET, a surgeon gave Nigel a colonoscopy. It showed no cancer in Nigel's rectum. After the colonoscopy, the surgeon walked into the waiting room and told us, “This is a miracle.” I'm so thrilled. Carrot juices works—one chemo was all he had—carrots, carrots, carrots - he is still carrot juicing daily.*

*Two doctor friends hearing the story of my own “miracle” responded immediately that I'd been cured by the power of my mind. But I think more than “mind power” is at work. In the cases when carrots have*

eliminated cancer, the timing is similar—being better in a few days or weeks, and being cured in eight weeks to four months. This time frame is very unlikely to be a coincidence. Especially hopeful for me is that Ralph Cole's experience can definitely be called a cure. He eliminated his tumors in 2006. Eight years later, he's had no further cancer and hasn't resumed juicing carrots. It is too early for me to say that I'm cured like Ralph, but I hope I am. As I write this, I'm two years cancer free.

When many errors in the body's signaling are fixed at once, healthy cells resume their vigilance over rogue cells and eliminate them. So far, carrot juice has stopped many kinds of cancers. Maybe when tumors are too advanced, carrots can't eliminate cancer cells as fast as they proliferate and block essential body functions. If carrots alone don't lead to improvement in two months, a cancer patient should definitely add other approaches.

The speed and ease with which carrots have worked for some of us leads me to visualize some natural cures as fitting particular cancers the way the right key fits a lock. But maybe there are some times when the key doesn't fit the lock, and carrot juice won't work.

Nevertheless, in cases of advanced cancer, when oncologists say that neither radiation nor chemotherapy can cure, people might be better off to abandon those treatments and start using carrots. It's very important not to go halfway with the carrot treatment. Just remember that for a person weighing up to 160 pounds, the cure requires five pounds of carrots daily—more for someone heavier. When processed, five pounds of carrots should produce five cups of juice.

The carrot cure has been proved to make chemotherapy and radiation more effective. However, usually both those treatments reduce appetite and cause nausea, making it difficult to drink much juice.

If you have a very slow-growing cancer, your oncologist might agree to your making a four or six week trial of carrots before chemo or radiation is considered and then order a scan for you. One advantage of that approach is that if your cancer is quickly reduced, you will know that the carrots and not chemo are responsible. Another is that, if carrots work, you will be spared chemotherapy and radiation, and the high costs and complications that come with them. The disadvantage is that, if carrots don't work, you could suffer tumor growth and delay in starting conventional treatment or turning to other natural alternatives.

Weighing these various possibilities is something no one else but you can do.





## **The Future?**

I can envision two futures for nutritional epigenetics in the treatment of cancer. In one, the big drug companies, quite content with the not always successful outcomes of their existing products—which bring far more profits than curing cancer ever could—delay the wide use of natural cancer cures for another thirty years.

In the other, public knowledge of nutritional epigenetics leads to a demand for its development that can't be stopped—revolutionizing cancer treatment and making it faster, pain-free, and affordable for all—a real cure, not a “remission.”

If we who get cancer educate ourselves about natural treatments and share the scientific evidence for them, a world of gentle and effective cancer treatments can become a reality. Even better, if we put carrots and other anti-cancer foods into our diets and convince our friends to do the same, we may prevent cancer before it starts, and never have to face its agonizing decisions.

In the cancer adventure with its many bewildering paths, the choices rightly belong to you. If you make the carrot cure part of your journey, I believe that it will help you feel better and may even cure you. By whatever means you choose, I hope you'll soon beat cancer. If carrots help, please share your good news.

Share your news on Facebook, either in a public post or privately.

You can also reach me by email. [curingcancerwithcarrots@hotmail.com](mailto:curingcancerwithcarrots@hotmail.com)



## **Ann Cameron Cured Her Stage 4 Cancer with Carrot Juice, Nothing Else**



My name is Ann Cameron.

On Tuesday, July 30, 2013 I had a follow up CT scan for malignant tumors in my lungs. Two days later I got the results: “No evidence of cancer.”

I believe, from personal experience, that carrots can cure cancer rapidly – without chemotherapy, radiation, or other dietary changes. I think carrots are worth a try for nearly everyone diagnosed with cancer because the results show up very fast.

On June 6th, I had surgery for a newly diagnosed Stage 3 colon cancer. I declined the recommended chemotherapy and felt better and better from that date. But six months later, on November 6th, I had a CT scan follow-up that showed probable cancer in my lungs.

The oncologist said I had Stage 4 colon cancer metastasized to the lungs. Later, I learned that the colon cancer surgeon believed the cancer in the lungs was unrelated to the colon cancer – an independent development. His reasoning was that colon cancer, even metastasized, grows very slowly, and the two lung tumors were growing fast.

The oncologist also said radiation wouldn't help me. She recommended chemotherapy to retard my demise, but said chemotherapy wouldn't cure the cancer. I asked the surgeon about my life expectancy. He told me that without chemo I probably had only two to three years to live – and not much more with chemo.

I was very distraught. I read everything I could find on the Internet about alternatives to chemotherapy and radiation. I already had a list of 20 or so recommended substances that didn't work, that my husband had tried for six months before dying of lung cancer in 2005.

I hit upon a letter on the internet by a Californian man named [Ralph Cole](#), saying that drinking the juice of five pounds of carrots, daily, had eliminated small squamous cell cancers on his neck. It also said that a few others had told him the juice had helped with a variety of cancers. Ralph was very detailed in describing his own experience, and wasn't selling anything or engaging in self-aggrandizement. On November 17th, I started drinking the juice in the quantity Ralph recommended.

### **I juiced 5 lbs of carrots, per day**

On November 27th, a PET scan confirmed the findings of the CT scan: the presence of “spots,” swollen lymph nodules, and two small tumors in enlarged lymph nodes between the lungs – each about 1 inch long by 1/4 inch in diameter. According to the radiologist's report, these tumors were “avid for sugar” and “rapidly growing.”

Drinking carrot juice, unlike some supplements that oncologists prohibit during conventional treatment, is perfectly compatible with simultaneous radiation or chemo;

but I didn't want the recommended chemo because I had researched and dreaded its side effects.

So, I had no chemo, no radiation, no other treatments, and no dietary changes beyond the carrot consumption, and continuing eating meat and ice cream and indulging in other dietary vices. I don't recommend ice cream for cancer, but only want to emphasize that drinking carrot juice was the only change I made in my life, besides gratefully accepting prayers and "good energy" from friends and asking for wisdom and help from Whoever is up there in the Beyond.

## **2013**

On January 7th, after eight weeks on the carrot juice (one quart to one and one-third quart daily) I had my first follow-up CT scan. It showed no growth of the cancer, some shrinkage of the tumors, and fewer swollen lymph nodes. In just eight weeks, the growth of the tumors had stopped.

It's interesting that eight weeks is the same amount of time on carrot juice that it took Ralph Cole to eliminate his squamous cell tumors.

For the next six months, until the end of July 2013, I continued drinking the juice faithfully every day, except when I was traveling. I used an [Omega Juicer](#) at first, which made about one quart of juice from the five pounds of carrots. Because of moving, I switched to a [Champion Juicer](#), which made about one and one-third quart from the same amount of carrots. Both juicers were effective. I made all the juice for the day in the morning, drank part of it, and kept the remainder in the refrigerator to drink throughout the day. Every month or so, when I traveled, I would go three or four consecutive days without juice.

A CT scan at the end of March 2013 showed no growth of the cancer, no new cancer, no swollen lymph nodes, and further shrinkage of the tumors.

A CT scan on July 30, 2013 showed no evidence of cancer!

The swollen cancerous lymph nodes had returned to normal size and were stable. I told my oncologist, for the first time, about my carrot juice treatment, saying I hadn't told her because I thought she would be skeptical. She said that she was sure that many natural substances are effective against cancer, but that she can't recommend them

because of the lack of formal studies and statistical support.

My understanding is that MD's must rigidly conform to recommending chemotherapy or radiation, and nothing else, lest they fly in the face of proven published research and cause a patient's injury or death with unorthodox advice – which could get them a big medical negligence lawsuit. So, you can bring up carrots, or cabbage, or curcumin with your doctor, but even if they are interested, they are not free to recommend these substances to you.

My oncologist recommended a new scan in six months, but in six months I'll likely be in Guatemala where a scan involves drinking a lot of a very nasty-tasting contrast medium. So, I've decided to wait a year to have the next scan. In the meantime, I will keep on with occasional carrot juice, and aim for less meat and ice cream, and more salads.

### **To reprise my progress:**

- Two weeks after starting the carrots, there was no improvement.
- Eight weeks after starting the carrots, the tumors had stopped growing and were shrinking.
- Four months after starting the carrots, all the lymph nodes in my lungs had returned to normal.
- Eight months after starting, there was no sign of cancer anywhere in my body.

I believe that a newly diagnosed person, like me, still in generally good health, could safely put off chemotherapy for eight weeks to see if five pounds of carrots daily, as juice, will halt the growth of cancer. If the carrots work, one might continue postponing chemo as long as the carrots continue to arrest the cancer and, one hopes, eventually eliminate it entirely. My latest CT scan (July 30, 2013) proves that this has happened for me.

The carrot cure also worked for [Ralph Cole's squamous cell cancers](#). I think they probably will work against a wide range of cancers. The effective ingredient in the carrots is falcarinol, which has been proven effective against cancer in lab experiments with rats and mice, done in Denmark and the UK. Using carrots or falcarinol, Dr. Kirsten Brandt and colleagues in the UK have retarded the growth of tumors in lab rats injected with a carcinogen, by a third. They have fed the rats and mice what proportionately in humans would be a pound and a half of carrots. Drinking the juice

from five pounds of carrots daily, as Ralph and I have done, is a human equivalent dose more than triple what Dr. Brandt gave the rats. I hope that many people and organizations will help fund her work which, so far, has struggled to find strong financial backing.

Best wishes to all for health and happiness,  
Ann Cameron

### **Comments from Chris:**

I love this! Way to go, Ann! Some health and healing cancer experts would probably view what Ann did as incredibly risky – only juicing carrots and not even changing her diet. But it worked! And hey, it's hard to argue with results.

Readers of this blog know that I recommend taking massive action and radically changing your diet and lifestyle to heal cancer, like I did. But Ann's experience is encouraging evidence that sometimes small significant changes can produce big results.

This also could be a good approach if you are trying to help someone with cancer who is stubborn and resistant to change. Drinking 40 oz of fresh carrot juice every day is really not asking much. If they aren't even willing to do that, I would seriously question whether or not they really want to get well. And just to be clear, I am in no way implying that Ann is broke or stubborn. :)

Read my post on how I juiced carrots to heal stage IIIc colon cancer after surgery [here](#).  
Read how Ralph Cole juiced carrots to heal his squamous cell carcinoma [here](#).

In 2015, Ann wrote a book about her experience called [Curing Cancer with Carrots](#).



Ann's website is [anncameronbooks.com](http://anncameronbooks.com)

...



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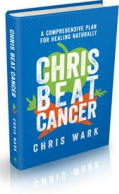


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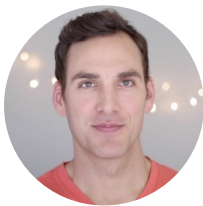
I've interviewed over 60 people who've healed all types and stages of cancer. Check them out [here](#). Or use the search bar to find survivors of specific cancer types.

I also created a coaching program for cancer patients, caregivers and anyone who is serious about prevention called **SQUARE ONE**. It contains the step-by-step strategies used by myself and everyone I know who has healed cancer with nutrition and natural, non-toxic therapies.

[Watch SQUARE ONE Module 1 for free here](#)

((c))

*Chris Beat Cancer is reader-supported. If you purchase a product through a link on this site I may receive compensation from the affiliate partner (like Amazon). Your support helps fund this blog and my mission so my team and I can continue to do the work that we do. Thank you!*



## Chris Wark

Chris Wark was diagnosed with stage IIIc colon cancer in 2003, at 26 years old. After surgery, he opted out of chemotherapy and used nutrition and natural therapies to heal. He began sharing his story in 2010 with a mission to inspire people to take control of their health and reverse disease by radically transforming their diet and lifestyle. Chris reaches millions of people each year as a blogger, podcaster, and keynote speaker. His book *Chris Beat Cancer: A Comprehensive Plan for Healing Naturally*, published by Hay House, is a National Bestseller as ranked by USA Today, The Wall Street Journal, Publishers Weekly and Amazon.



➤ THIS POST HAS 245 COMMENTS



[Kimberly T.](#)

AUGUST 3, 2013

What you do and have done Chris is AMAZING! I have always believed in self healing for most things. I appreciate the information, confirmation and YOU!

---



**Bee**

AUGUST 3, 2013

Do you think it is better to spread the 5 lbs over the day or juice it all at once and drink throughout the day?

---



[Chris Wark](#)

AUGUST 3, 2013

I juiced everything in the morning and drank throughout the day.

---



**Ann Cameron**

AUGUST 5, 2013

Either way works. All at once worked for Chris. Too much juice at one time would give me diarrhea, so I usually split the servings up.

---



**Ann Cameron**

AUGUST 6, 2013

error – drinking juiceall at once not for Chris, but for Ralph Cole of CancerIsOver.org

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**Daniel**

OCTOBER 1, 2013



Any particular Carrot ( organic)? did you take the skin off first?

What about the ready made carrot juice, do you recommend?

---



**Danae**

NOVEMBER 14, 2013

Daniel on Ralph's blog he recommends any carrot and claims that even non-organic will work. He describes to wash them and not to take the peel off.

Personally, I am looking for organic but I am relieved to know that anything works. Where I would definitely draw the line is GMO. Life is amazing the simple things are the most effective.

---



**KVogue**

AUGUST 3, 2013

Ann, congratulations to you!! I am so happy your story found it's way to this site.

As many of us come to this site to learn about what does and doesn't work, can you please list the things your husband tried while fighting his cancer? Words can't express my sympathy for what you both went through. I am so sorry for your loss.

My brother died of metastasized lung cancer using conventional treatment. I tried for months to try to get him to use alternative treatments, but he kept saying, "they are the experts" – meaning conventional doctors. He is gone now, but I try to spread what I have learned to help others. Thank you and I wish you all the best.

Thank you, Chris, for spreading the word that others can heal themselves naturally without suffering the side effects of chemo and radiation.

---



**Ann Cameron**

AUGUST 5, 2013

Dear K.

What didn't work, for me and my husband: a very long (and expensive!) list.

Before going on to Bill-Two supplements that failed me were IP6 taken for years—I got colon cancer, which it supposedly helps prevent; and concentrated beet powder, which I used in amount equal to 5 pounds of beets daily, between June 2012 and November 2012 (when I got the metastasis diagnosis).

The list below is everything my husband used for seven months starting right after his lung cancer diagnosis in January and continuing to mid-June before his death in July (as long as he could swallow. I have left in the list the super-optimistic research-based support for using these supplemnts.

When I showed Bill the first list in January 2008, he, my poor dear, protested and didn't want to take all that, and I cried and said he HAD TO! So he did, maybe more to please me than out of conviction. The things we do for love. He was a very strong, lively and intelligent man. He really wanted to live and I believe if we'd known about carrots, he would be alive today.

Bill's Supplements daily – January – June 2008

\*Most important for stopping cancer

3 Low-carb Basic Multivitamin

3 MSM (methylsulfonylmethane) anti-inflammatory, builds cartilage

\*2 100 mg. B6

The body needs vitamin B6 to make hemoglobin. Vitamin B6 also helps increase the amount of oxygen carried by hemoglobin.

Cancer cells prefer low oxygen environment.

1 biotin 5 mg.

\*1 folic acid 5 mg

ScienceDaily (Jun. 12, 2006) — Folic acid supplements may prevent cancer progression and promote regression of disease, according to a new study. Published in the July 15, 2006 issue of

CANCER, a peer reviewed journal of the American Cancer Society, the small study found that 31 of 43 patients with the precancerous laryngeal lesion called leucoplakia demonstrated 50 percent or greater reduction in the lesion size after six months of taking 5 mg. of folic acid 3 times daily. In 12 of 31 responders, there was no evidence of the original lesion.

1 1 mg sublingual B12 methylcobalamin for memory, free radical control

\*5-6 grams Vitamin C (ascorbic acid). Cancer killing and immune system support.

1 2000 IU Vitamin D 2000 IU.

In a five-year study of 400 women in Nebraska, those who supplemented with? Or had? the most Vitamin D in their blood had a 70 percent reduction in all cancers.

1 200 IU Vitamin E Gamma 2 400 mg. Vitamin E alpha w/ selenium 100 mcg.

Research shows selenium, especially when used in conjunction with vitamin C, vitamin E and beta carotene, works to block chemical reactions that create free radicals in the body (which can damage DNA and cause degenerative change in cells, leading to cancer).

\*Selenium also helps stop damaged DNA molecules from reproducing. In other words, selenium acts to prevent tumors from developing. "It contributes towards the death of cancerous and pre cancer cells. Their death appears to occur before they replicate, thus helping stop cancer before it gets started," says Dr. James Howenstine in A Physician's Guide to Natural Health Products That Work.

1 gram Squalene

Tumor inhibition, angiogenesis inhibition.

1 – Centrophenoxine (lucidril) 1 500 mg. capsule  
removes debris from cell membranes

1 500 mg. Carnosine

prevents glycosylation of proteins

\*3 CoQ10 (ubiquinol) 100 mg.

Antioxidant, necessary to mitochondria, in 3 cases has caused

disappearance of women's breast tumors

3 Curcumin 900 mg with 15mg. Bioperine (double it to 6 starting Feb 11 08)

Curcumin [turmeric] inhibits VEGF (vascular endothelial growth factor). Bioperine, a black pepper extract increases absorption of some oral vitamins by about 20 percent. Suppresses nuclear factor kappa-beta, NFkB. \* Cancer. Curcumin has been found to suppress, retard, and even reverse cancer development at each stage of the disease.<sup>50</sup> By inhibiting NFkB, curcumin reduced expression of proteins needed by cancer cells for proliferation (the promotion stage) and for invasion and metastasis (the progression stage).<sup>51</sup> Curcumin also reduces cancer progression by increasing cell death in cancer cells, thereby depriving them of the "immortality" they need to survive and invade other tissues.<sup>52,53</sup> This has allowed curcumin to be effective in highly chemotherapy resistant cancers;<sup>54</sup> it has also been shown to increase the effect of chemotherapy in animal models of advanced human cancer

3 Essential Fatty Acids, 740 mg., Omega 3 EPA 400 mg & DHA 120 mg.

Anti-inflammatory, anti-oxidant

3 Glucosamine Chondroitin, Chondroitin Sulfate + MSM arthritis prevention

Green Tea extract

tumor inhibition. Causes apoptosis in cancer cells, protects the P53 gene from mutation.

Liu Wei Di Huang Wan herbal supplement

for improving kidney function (This really worked for my husband's kidney function; it went from a high creatinine level to almost normal before he died)

NAC N-acetyl cysteine

9/13/2007 article

Cancer: Vitamin C and N Acetyl Cysteine: A new Johns Hopkins study suggested that vitamin C and NAC significantly inhibited the spread of lymphoma or prostate cancer cells that were implanted in mice. This new research suggests that antioxidants

ability to protect DNA from damage is just part of the cancer picture the antioxidants vitamin C and NAC also prevented cancer cells from replicating in this study.

It has long been known that vitamin C and NAC fuel the production of cellular glutathione, the primary antioxidant in a cell that protects it from damage. It has also been known that cellular glutathione powers immune cells and the ability of natural killer cells to knock out cancer.

Niacinamide to total 3 grams in divided doses

Niacinamide is the active form of vitamin B3 and a component of the coenzyme nicotinamide adenine dinucleotide (NAD).

Niacinamide acts as a chemo and radio sensitizing agent by enhancing tumor blood flow, thereby reducing tumor hypoxia.

This agent also inhibits poly(ADP ribose) polymerases, enzymes involved in the rejoining of DNA strand breaks induced by radiation or chemotherapy.

Quercetin 500mg with Bromelain 375 GDU -discontinue, get from fruit

Quercetin inhibits the mutation of tumor suppressor gene P53.

U.S. and French research shows oral bromelain can reduce cancer in animals. Some documented cases show cancerous tumors regressing as a result of bromelain.

3 R-alpha lipoic acid 100mg.

Renews antioxidants Vitamins C and E; boosts glutathione production in body. Researchers at UC Berkeley have found that cells bathed in ALA inhibit the growth of a protein linked with the growth of cancerous tumors.

Red and Blue berries & vegetables

blueberries help w/ neural transmission & balance in elderly; support blood flow and regeneration of connective tissue.

Blueberries are blue, raspberries are red, and eggplant is purple, all thanks to polyphenol pigments called anthocyanins: a family of potent antioxidants also found in red cabbage, eggplants, prunes, plums, grapes, cocoa, and other blue red purple fruits and vegetables. The most effective parts are the most pigmented—the skin. A new study from the University of Illinois

that tested the effects of blueberries on prostate and liver cancer cells, showed that various compounds in wild blueberries—including anthocyanins—possess the power to help prevent cancer in all three phases: initiation, promotion and proliferation. Sterol compounds in blueberries inhibit cancer in the first, or initiation stage, while their anthocyanin pigments can halt cancer in the critical promotion and proliferation stages.

2 grams Resveratrol from red wine. ( Vitacost's has 500 mg. per capsule: 75 mg. Japanese Knotweed Extract (*Polygonum cuspidatum*)(root)(standardized to 50% resveratrol 37 mg); 25 mg Red Wine Extract (standardized to 30% polyphenols)(skin and seed);

50 mg. Grape Seed Extract (ActiVin®) (standardized to 85% phenolic and 75% oligomer polyphenol) (seed)

Resveratrol blocks EGFR (epithelial growth factor receptor), which is over-expressed in cancer cells.

Powdered Medicinal Mushrooms. 1 teaspoon 2 to 3 times a day, dissolved in hot water as a tea. Use one mushroom variety for a month, then rotate to a different mushroom for a month this change off on types stimulates the immune system better than a mix. Preferred mushrooms are: Reishi (*ganoderma lucidum*), cordyceps; and maitake.

Haroaki Nanba reported the findings of the following study in "Maitake D fraction: healing and preventing potentials for cancer," published in the Townsend Letter for Doctors and Patients, Feb/Mar 1996; In a non randomized clinical study, 165 individuals with advanced cancer used maitake D fraction. Patients received either maitake D fraction alone or with chemotherapy. Maitake mushroom was found effective against leukemia and stomach and bone cancers. Responses were further improved when maitake D fraction and chemotherapy were used together. Individuals receiving maitake D fraction also experienced relief from the side effects of chemotherapy, such as loss of appetite, vomiting, nausea, hair loss, and deficiency of white blood cells.

What is Reishi Mushroom Extract?

Simply, it is the extract of the mushroom, *Ganoderma lucidum*, also called “reishi” in Japan, or “ling zhi” in china. Ling zhi means “spirit plant”, and in TCM (Traditional Chinese Medicine) this mushroom is considered to be of the highest class of tonics. In the Orient this mushroom has a 4,000 year history for use in an unusually wide range of ailments, but is particularly renowned for its use in hepatitis and other diseases of the liver and for promoting longevity. Triterpene rich reishi mushroom is also reputed to reduce hypertension.

In recent years the focus of research with Reishi is its apparent immuno enhancing and anti tumor activities. While the exact mechanism is still unknown, a large numbers of studies have shown that reishi may modulate many components of the immune system such as the antigen presenting cells, NK cells, T and B lymphocytes, which are pivotal to initiating a primary immune response. It is believed that it may be through this immune modulation that reishi’s apparent anti tumor effect may be achieved. To that end a 2005 study found that reishi polysaccharides “effectively promote the activation and maturation of immature dendritic cells” which interact with and stimulate T and B cells, yielding further evidence that Reishi’s value comes from it’s ability to enhance immunity response.<sup>7,8</sup> Cordyceps has been an important Chinese herb for thousands of years and is just now being discovered in Western countries. In ancient China, Cordyceps was highly sought after as one of the most effective herbal cure alls. This valuable herb has been used historically as a daily tonic to help the body build strength, improve breathing and lung functioning, strengthen the immune system, heighten sexual energy and enhance longevity. Due to its anti aging and immunity enhancing properties, it has been compared favorably to Red Ginseng and Reishi.

Cordyceps is a Chinese mushroom fungus that can be found in isolated places in southwestern China. Although it was originally discovered as a parasitic organism growing on a rare Tibetan caterpillar (hence its nickname, Chinese Caterpillar Fungus!), most modern Cordyceps is grown on soybeans or other nutrient



sources.

Cordyceps popularity among herbalists is due to its beneficial effects on reproductive invigoration, lung “protection” and qi/energy enhancement. In fact, Cordyceps has been called “the next Ginseng” due to its overall effects on energy levels, sex drive and athletic performance. Although the pharmacologically active components of Cordyceps remain unknown, at least two chemical constituents, cordycepin (deoxyadenosine) and cordycepic acid (mannitol), have been identified and suggested as being the active compounds in improving lung function and increasing energy levels and sex drive.

1 squalene

Tumor inhibition, anti-angiogenesis

Whey protein powder with lacto ferrin and lactoglobulin. 25–50 grams mixed into juice or water.

from Life Extension Foundation: ...Studies have been done on animals regarding cancer causing chemicals to see what effects whey protein concentrate would have on cancer prevention or treatment. Scientists fed rats various proteins and then subjected them to the powerful carcinogen dimethylhydrazine. As with the previous research, the rats fed whey protein concentrate showed fewer tumors and a reduced pooled area of tumors (tumor mass index). The researchers found whey protein offered “considerable protection to the host” over that of other proteins, including soy.

(McIntosh G.H., et al., Journal of Nutrition, 1995)

Even more exciting, in vivo research on cancer and whey showed whey protein concentrate inhibited the growth of breast cancer cells at low concentrations (Baruchel S. and Vaiu G., Anti Cancer Research, 1996). Finally, and most importantly, a fairly recent clinical study with cancer patients showed a regression in some patient’s tumors when fed whey protein concentrate at 30 grams per day.

(Kennedy R.S., Konok G.P., Bounous G., Baruchel S., Lee T.D., Anti Cancer Research, 1995)

Whey and Glutathione

This new research using whey protein concentrate led researchers to an amazing discovery regarding the relationship between cancerous cells, glutathione (GSH) and whey protein concentrate. It was found that whey protein concentrate selectively depletes cancer cells of their glutathione, thus making them more susceptible to cancer treatments such as radiation and chemotherapy.

It has been found that cancer cells and normal cells will respond differently to nutrients and drugs that affect glutathione status.

What is most interesting to note is the fact that the concentration of glutathione in tumor cells is higher than that of the normal cells that surround it. This difference in glutathione status between normal cells and cancer cells is believed to be an important factor in cancer cells' resistance to chemotherapy.

As the researchers put it, "Tumor cell GSH concentration may be among the determinants of the cytotoxicity [poisonous to cells] of many chemotherapeutic agents and of radiation, and an increase in GSH concentration appears to be at least one of the mechanisms of acquired drug resistance to chemotherapy."

They further state, "It is well known that rapid GSH synthesis in tumor cells is associated with high rates of cellular proliferation. Depletion of tumor GSH in vivo decreases the rate of cellular proliferation and inhibits cancer growth."

The problem is, it's difficult to reduce glutathione sufficiently in tumor cells without placing healthy tissue at risk and putting the cancer patient in a worse condition. What is needed is a compound that can selectively deplete the cancer cells of their glutathione, while increasing, or at least maintaining, the levels of glutathione in healthy cells.

This is exactly what whey protein appears to do. In this new research it was found that cancer cells subjected to whey proteins were depleted of their glutathione, and their growth was inhibited, while normal cells had an increase in GSH and increased cellular growth.

These effects were not seen with other proteins. Not surprisingly, the researchers concluded, "Selective depletion of tumor GSH

may in fact render cancer cells more vulnerable to the action of chemotherapy and eventually protect normal tissue against the deleterious effects of chemotherapy.” The exact mechanism by which whey protein achieves this is not fully understood, but it appears that it interferes with the normal feedback mechanism and regulation of glutathione in cancer cells.

It is known that glutathione production is negatively inhibited by its own synthesis. Being that baseline glutathione levels in cancer cells are higher than that of normal cells, it is probably easier to reach the level of negative feedback inhibition in the cancer cells’ glutathione levels than in the normal cells’ glutathione levels.

This website explains how whey protein raises glutathione levels and how high glutathione in normal cells helps to make cancer cells more vulnerable to chemotherapy and more likely to die.

See:

[http://www.lwhey2health.com/cancer\\_glutathione.htm#prevent](http://www.lwhey2health.com/cancer_glutathione.htm#prevent)  
and <http://search.lef.org> for “whey”

1 Zinc 30 mg. (L-methionine)

Anti-oxidant. When the blood is high in zinc, it’s low in copper.

Copper is necessary to form new blood vessels in cancer cells, thus it’s important to keep copper low.

Bill’s Supplements Daily June 2008

Added to above:

Night 1 1 A.M. ArteMin Pro 125 (60 125 mg caps artemisinin)  
[illnessisoptional.com](http://illnessisoptional.com) \$30.

Night 1 1 A.M. artesunate 50 mg. capsules Hepasunate  
<http://www.hepalin.com> \$50

L 1 silypide 120 mg. silybin (milk thistle extract) Enzymatic Therapy  
[vitacost.com](http://vitacost.com) 12.69

B D IP6 powder 4 grams 2x day Cell Forte powder 414 gram jar  
[vitacost.com](http://vitacost.com) \$49





My husband has liver cancer. We are doing many things, too. We found a doctor who is an Integrative MD who is very interested in treating cancers. He wants my husband on the ketogenic diet, a very strict one. When we tried this, Michael lost all interest in food and preferred to sleep most of the time. The doctor even said to limit carrots because of the sugar. After my husband lost about 50 pounds and a good deal of muscle tone, we decided to add some foods back. I was worried he was simply going to die of malnutrition. Now we are juicing some carrots with green apple. He doesn't like any dark green leafy vegetables so I add a few in the juice and tell him the juice is green because of the apple. I wouldn't say he really loves the juice, but he is trying to like it and is drinking a small glass a day. I know he should be drinking more, and we're working on it.

We added some carbs back into his diet: Ezekiel wraps with vegetable mixes in them now and then. He loves cooked legumes, so I give him beans occasionally, and found that black/wild rice is technically a seed so his doctor has no problem with that.

This doctor recommends up to 6 eggs a day for the weight loss and I am concerned that this is too much animal protein. I fix a smoothie with whey powder, almond milk and fruits and we call it a milkshake.

His b/p had dropped to 88/48 on the ketogenic diet. When we added the few carbs back, the b/p came back up to about 110/68, closer to his normal range. Although his pulse is still at about 48 even though he's walking at least a mile a day.

Sometimes it seems to difficult to know what to do. There's a lot of conflicting information and what works for one person does not work for another. Apparently there is no "one size fits all" solution to any of this.

So we simply do the best we can. Try to get the live uncooked enzymes into him and still give him foods that will keep him interested in eating. I've heard that liver cancer

really messes with appetite, can cause depression, etc. so I want his state of mind to be as positive as possible. I'm so glad the carrot juice worked for you. Thank you for sharing what did not work for your husband, that's helpful for those of us fighting cancer. I'm so sorry for your loss.

---



**almond**

DECEMBER 4, 2013

Try Rick Simpson oil. It seems to be the best cure there is. There is also a testimony of a woman who used it to heal from cancer on Chris website.  
Lot of health

---



**cpmt**

APRIL 24, 2014

Yes, I agree with you. I know two people who told me they got cure with it. but where can you get it? how? I am not sure I can trust anyone ... if they sell me the wrong thing? just to get money from me? I know someone toll me to give them 'something'...but, what is something? how do I know they are the real thing?

---



**cpmt**

APRIL 24, 2014

I hope your husband is doing better. it is very important to follow a good diet with no GMO'S PESTICIDES AND TOXIC CHEMICALS ...in FOODS OR WATER. THEN CONCENTRATE IN GET HIS IMMUNE SYSTEM WORKING. with different veggies/plants, mushrooms (in soups if he doesn't like them) etc... carrots are ok but NOT the only thing. cancer cells are complex and very diversified and you need more that one treatment to work all around fighting it. GOOD LUCK, i hope he is doing better, if not well.



**cpmt**

APRIL 24, 2014

ALSO... VERY IMPORTANT chlorophyl...

---



**Beate Moore**

AUGUST 3, 2013

This also shows besides doing all we can, there is also a factor like using our own intuition and trusting if we give it our best that some grace will follow. Ed and i use many different health restoring modalities, juicing a major part of it. Our whole family is getting healthier. Great to hear about u sucess.

---



**terri**

AUGUST 3, 2013

This is very exciting news and I do believe that juicing is probably one of the best things you can do to fight cancer. I have one question though. If cancer likes sugar, why do the carrots work to stop cancer? Doesn't carrot juice have a lot of sugar in it?

---



**Chris Wark**

AUGUST 3, 2013

Hi Terri, the relationship between cancer and sugar is largely misunderstood. I wouldn't worry about the sugar in carrot juice. :)

---



**terri**

AUGUST 3, 2013



Thank you for answering so quickly Chris. I am glad to hear there is nothing to worry about with sugar and cancer. I also want to thank you for telling your story and letting everyone know how we can beat cancer without chemo, radiation, and surgery!

---



**almond**

DECEMBER 4, 2013

It is not correct that there is nothing to worry about with sugar.

Sugar intake should be limited for a person with cancer. With the carrot juice it is probably different but most sugars should be consumed minimally or not at all especially refined sugars.

---



**Ann Cameron**

AUGUST 5, 2013

I have read that the “cancer likes sugar” story is a myth—in that ALL our cells get their energy from sugar. There’s no way around that. The carrots have chemicals that interfere with the growth factors that support the cancer growth, so the cancer cells can’t grow despite the sugar. Imagine a war in which two countries attack each other’s armies, versus one where one of the countries instead attacks the supply lines (food and equipment supplies) instead of directly attacking the army. That’s how I think carrots stop the cancer—not by direct attack but by cutting off growth to it. Chemo causes cancer cells to protect themselves.

---



**Jan**

AUGUST 3, 2013

Chris, I am retired with a limited income. I am dealing with breast cancer. I have started drinking carrot juice, but all I

have is a VitaMix (whole food) “blender”, not a juicer. The carrots are drinkable, but the whole carrot, including the pulp, is eaten. Do you know if this is less effective or just as effective? Thank you.

---



**Chris Wark**

AUGUST 3, 2013

Hi Jan. It will be difficult to drink that much blended carrot juice with all the pulp and fiber. Look for a used juicer at a yard sale, swap meet, or on ebay or craigslist. In the meantime you can liquify the carrots in the Vitamix then squeeze the juice through a nut milk bag or a silk paint strainer.

---



**Carrie**

AUGUST 3, 2013

Jan,  
Pink Ribbon Riders awards those with bc with \$500. I received this award last year and am applying again this year. You can use the money for whatever you need. Lord bless you! You ARE NOT alone in this battle.  
<http://www.pinkribbonriders.com/wp/patient-assistance-program/>

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**Ann Cameron**

AUGUST 5, 2013

The English researcher Kirsten Brandt told me her lab rats get more falcarinol, the effective agent in the carrots, by having the whole carrot, and more than a human would get by drinking juice and not eating the pulp. So what you are doing works, but it's not necessary for the cure, and I'd think you'd get very tired of getting down that enormous quantity of pulp.





## Carrie

AUGUST 3, 2013

I'm so glad there is testimony from someone who doesn't do everything perfectly. Being single and having to work full-time for a living has made it such a challenge to deal with my stage 4 bc, especially now that I am dealing with near-debilitating bone met pain. I've been berated by married women who have gone through non-toxic treatment perfectly...with their spouse by their side and with him bringing home the bacon (I mean carrots). It has stressed me out and some nights I get only 5 hours of sleep trying to accomplish everything including the house work. I have never seen a testimony from someone single and having a serious lack of funds and time. It's been discouraging that perhaps they just don't make it and die. I've been introduced to a few single ladies with cancer but they are doing 100% conventional and are so sickly. I've asked "Why not non-toxic?" and their response is always the same: insurance pays for conventional and they can't afford non-toxic. I am happy to tears that I can just simplify my self healthcare with my hope in Jesus for healing. I'll be picking up one of those huge bags of carrots today! Please post more of these kinds of stories. I seriously need the encouragement through someone I can actually relate to. (P.S. I don't allow the ice cream etc. into my diet though.) :)



## heidi

AUGUST 4, 2013

carrie-know i will be praying for you! yes lean on Jesus. seek his will, so you can rest that you are on his path

---





**Carrie**

AUGUST 4, 2013

Thanks, Heidi!

---



**Ann Cameron**

AUGUST 5, 2013

Just doing carrots alone really works. See more details about it on the site [CancerIsOver.org](http://CancerIsOver.org) Good luck!

---



**CHART Natural Cancer Healing**

APRIL 24, 2014

Hi Ann! Would you consider helping us with our community research project? Google "Cancer Healing And Research Trust" and you'll find us (this blog doesn't allow me to link you to it). Thanks!

---



**paulop**

JULY 2, 2014

Hi Carrie, how are you doing? Praying for you...

---



**Vanja**

AUGUST 3, 2013

Another fantastic survivor story!!! Thanks Chris!  
I have been juicing beet root, carrot, spinach & apples for my breast cancer. Should I be just juicing carrots?

---



**Ann Cameron**

AUGUST 5, 2013

All I can say is, carrots alone worked for me and others. See the site [CancerIsOver.org](http://CancerIsOver.org) I used the equivalent of five pounds of beets daily from June 2012 to November 2021–

when the new cancer was discovered. Beets did nothing for me. I had lots of kale a year before the colon cancer was diagnosed. No help apparently.

---



**Ann Cameron**

AUGUST 5, 2013

I sometimes added an apple or a little ginger, for flavor, but rarely. Carrots alone worked.

---



**Danae**

NOVEMBER 14, 2013

Thanks, Ann, for the clarification – that is exactly what I needed to know. I just juiced beets – I like the taste better but – will focus on carrots now. What a fantastic find this place is!

---



**Denisa**

AUGUST 3, 2013

How fantastic!! I love reading stories like this! I've already read both of them twice today for an inspiration:-)....thank you Chris for doing this! Educating & giving hope. God bless you!

---



**Graham**

AUGUST 4, 2013

Is this true? Because I need to help my wife. If I can't find some way to help, I'll just drive over a cliff.

---



**Renee**

AUGUST 4, 2013



I was wondering if Terry added anything into the carrot juice or was it straight carrots?

---



**Ann Cameron**

AUGUST 6, 2013

I always used the 5 pounds of carrots and very occasionally added a little ginger or an apple or a pear.

---



**Laurence Wright**

AUGUST 4, 2013

Hi Chris, love your work/website. I can't afford a juicer. Will blending yield the same results ?

---



**Deanna Gardner**

AUGUST 5, 2013

I tried it for Multiple Myeloma and my cancer increased. I called the Gerson Therapy Institute and they said their diet doesn't help MM.

I do still juice but juice greens, beets, garlic.

I would love to know if any one has healed Multiple Myeloma with diet alone.

I do a strict diet with no sugar or flours but I am taking a low dose target drug. My cancer is now decreasing by my tumor marker.

Anyways, just juicing carrots is not going to cure MM.

---



**[Kennedy DeSousa](#)**

OCTOBER 9, 2013

Hi Deanna,

I'm not a doctor so don't hold me to it. BUT, since my father died over 10 years ago of cancer I've been reading a lot on the latest cancer studies.

Try adding to your regiment FRESH organic turmeric not the powder but the actual root. You can find it at any Wholefoods market. Make sure you add fresh ground black peppercorn to it. This allows the curcumin in the turmeric root more bio available.

Below are the links for further research.

Google turmeric's affect on cancer cells... You'll find more detailed information on that! I wish you the best of luck and I would love to know about your progression.

Sincerely,

Kennedy

Reference

1. <http://www.oncologynurseadvisor.com/turmeric-spice-may-have-role-in-multiple-myeloma-therapy/article/312455/>
2. <http://www.canceractive.com/cancer-active-page-link.aspx?n=1571>



**Danae**

NOVEMBER 14, 2013

Deanna, I do not have MM but I truly believe that nutrition is the key in healing anything. Once the system cleanses the healing will take place.

Perhaps, Ann Wigmore's famous wheatgrass will do it? Stay with an organic nutritious approach and read some of Louise Hay's affirmations. Take out everything chemical in your flat – from cosmetics to cleaning products and change for natural items.

Karyn Calabres's approach has helped a lot. She has a lot of youtube information out there. I think curcumin what Kennedy mentions is as well fantastic. Really make your way with this... Kris Karr has healed as well a cancer which was 'uncurable' so check it as well. Perhaps carrots will not resolve your type of cancer but it protects the liver (organ for regeneration) and wheatgrass cleanses the blood – check

colon cleansing as well. Blessings!

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**Catherine**

AUGUST 5, 2013

Jan, you can also strain the blended carrot juice from your vitamix through a nut milk bag to extract the pulp.

We're only organic carrots used?

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**Ann Cameron**

AUGUST 5, 2013

Ralph Cole of CancerIsOver.org told me it wasn't important to use organic carrots. So I used only ordinary carrots and cut the cost of the treatment in half. I was totally healthy during the entire treatment with the ordinary carrots. They cured the cancer.

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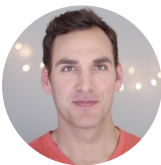


**John**

AUGUST 5, 2013

Cant you just buy canned carrot juice?

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**[Chris Wark](#)**

AUGUST 5, 2013

No. It must be fresh. Canned and bottled juices have lost many beneficial nutrients.

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**Mary Jean**

AUGUST 5, 2013

This is a wonderful and inspiring story and I had a very similar experience. Last December, at 46 yrs old, I had emergency surgery for stage 3 colon cancer. I had no idea

anything was wrong with me and found out from a routine blood test that I had dangerously low blood volume and hemoglobin levels. They did various tests and found the cancer. After the surgery I too felt guided to refuse the chemo against the advise of all the doctors and pressure from my family. During recovery I changed my diet and cut out all red meat, sugary snacks, processed food and junk food. I ate only chicken, turkey, fish, shell fish, vegetables, potatoes, brown rice, yogurt, cheese, fruits, granola, beans, nuts, whole grain bread items and started walking 30 minutes twice a day. In addition I've been juicing a large glass of carrot juice and am drinking Chris's healthy shake. I am eating apricot seeds and taking vitamins and suppliments including mushrooms, curcumin and selenium. Also lots of prayers and meditations for healing. This seems to have worked for me as my blood tests and scans have come out cancer free! I haven't posted my story here because it hasn't been a whole year yet – it will December 19, 2013 but I wanted to share what is working for me for others who are here looking for guidance in similar situations.



**Ann Cameron**

AUGUST 5, 2013

Great! Thank you for posting. You nudge or inspire me toward improving my diet. I think to cure using carrots alone, it takes the juice of 5 pounds of carrots daily.



**[Chris Wark](#)**

AUGUST 5, 2013

Yay Mary Jean!!!!

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**Brian**

AUGUST 7, 2013

Hi Mary Jean,

I'm glad to see someone is using apricot seeds in the fight against and prevent of cancer. This carrot juice method is very inspiring and I wonder when combined with vitamin B17 (the simple name of the active ingredient in apricot seeds – apple seeds, cherry pits, bitter almonds and others) if it will be an even more effective treatment and/or prevention.

I will do more research into falcarinol. Ann, thank you very much for the detailed list you provided in your stream. I really appreciate the fact you took the time to put it all in there. It is a tremendous help and inspiration.

Many blessings to you all...

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**Farrah**

AUGUST 7, 2013

Hi Ann. Your post on glutathione was super over my head. I wasn't 100% sure what you were saying. What I mean is, in your research is glutathione good or bad? Do we want more or less?

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**Clara**

AUGUST 7, 2013

thanks so much for sharing this story! I have lyme disease and Interstitial Cystitis as well as Environmental Sensitivities so hoping it will help for this condition as well. anyone have any suggestions about this? also how soon do you turn orange? I guess you just live with this until the treatments are done, or does it go away eventually?

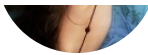
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**Sarah**

AUGUST 7, 2013





Thank you so much Ann for sharing your story. My mom is on the Budwig Protocol but vegetable juice is certainly compliant if I recall correctly. I'm hoping having her add some carrot juice daily will boost her energy and help out even more as she's currently working full-time. And thank you Chris for keeping this site going! It gives people hope, something you can't really get from a conventional doctor. I think having hope is a necessary part of getting well. God bless :)

---



**Ann Cameron**

AUGUST 11, 2013

All I know is that the juice of five pounds of carrots cured me and Ralph Cole, and seems to be curing others who are trying it. Maybe the Budwig diet cures people, too. One day I tried a little quark and hated it, so that ruled it out for me. It also is an extremely high fat diet.

---



**Gina**

SEPTEMBER 5, 2013

Thank you & Chris for sharing your story . Silly question you say 5lbs a day , so how many ounces that actually give you throughout the day ? am currently battling stage 4 breast cancer. Doing chemo but also have implanted alternative methods as well , like juicing.

---



**cathieg**

SEPTEMBER 27, 2013

Hi Ann

yes the Budwig diet works too and the fats are actually good fats that we need and are deficient in. Like you I much prefer the carrot juicing!

I have found that many people will use different approaches

and they will work for them. Their intuition seems to guide them towards what they need to do once they make the important decision to live without fear.

Taking charge of your life is a crucial aspect of getting well too. Well done to you and please keep letting people know the wonders of fresh carrot juice.

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[Ann Cameron](#)

SEPTEMBER 29, 2013

A cup has 8 ounces. Five cups in a day = 40 ounces daily.

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**Clara**

AUGUST 8, 2013

I have environmental sensitivities and lyme disease. I am starting the carrot juicing and hoping this will also help with my conditions. any comments or suggestions?

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**Kit**

AUGUST 8, 2013

All she did was drink carrot juice? She didn't eat anything or drink water?

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**Ann Cameron**

AUGUST 11, 2013

I followed my ordinary diet and added the juice of the 5 pounds of carrots as juice, to that diet. Drinking the carrot juice was the only thing I did to cure the cancer—no chemo, no radiation.

---



**Manny**

AUGUST 15, 2013



Hi Ann and Chris

What a wonderful and truly inspirational story.

Unfortunately I only found your story about carrot juice 4 weeks ago but I have started to juice every day without fail. I am concerned about your chemo note because I started a chemo regime 6 weeks ago. Am I still doing good juicing the 5lbs of carrots every day AND continuining (now started) the chemo cycles? God bless you both.



[Ann Cameron](#)

SEPTEMBER 29, 2013

If you feel that the chemo is making you sick, you can decide to discontinue it. It shouldn't stop the good effect of carrot juice, but if your tumors shrink, you won't know the cause for sure—carrots or chemo? Not that important if you are getting better!



**Ann Cameron**

AUGUST 22, 2013

That's a very individual decision. Chemo helps some people and is very debilitating for others. From my and Ralph's experience, chemo isn't necessary to a cure. But that's only two of us so far who have reported being cured by carrots alone. (I hope there will soon be many more!) Carrot juicing is compatible with chemotherapy. As long as the chemo doesn't make you feel terrible, and you believe in it, you should probably do it. If you change your mind later, you can quit.



[Ann Cameron](#)

AUGUST 24, 2013

To add to my post above, I think getting cured of cancer

takes some deep searching within to find what one's own inner voice advises. I think that's much more important than all the noise from family, friends, strangers, and doctors. I sensed an inner voice telling me not to do chemotherapy. Another person might not feel such a thing but might be getting different inner advice. I think this cancer adventure can provide a chance to hear one's own truest voice, maybe for the first time.

On a more superficial note, once one decides to have radiation or chemotherapy, one has gone on the assembly line of hospital's and oncologist's "best practices" based on statistics—not tremendously encouraging statistics at that. Once you've signed on, it's like going into the army, or buying a house. It's very difficult to un-buy.



### **Tami-Lynn Matheson**

AUGUST 30, 2013

Chris..you are like a cancer surviving rockstar in my mind... and Ann...congratulations on your wonderful healing and for sharing your story!:) I am sad that your husband lost his battle(in gods hands now). Keep sharing so that others might live.

much love

Tami



### **[Ann Cameron](#)**

SEPTEMBER 15, 2013

Thanks, Tami-Lynn. I'm very excited that others are trying the carrot cure. I hope those who try it will inform Chris, and also Ralph Cole at his website CancerIsOver.com In 2006, Ralph used carrot juice and cured squamous cell (skin cancer) tumors on his neck in eight weeks. He stopped juicing two months later. As I write this it's September 2013. Ralph's tumors haven't come back. Ralph wants to hear of both

successes and failures of those who use the fresh juice of 5 pounds of carrots daily to post the results on his website. You could call this “crowd research”— a way to find out if carrots really work. If they do, they could save the lives of millions from both cancer and the standard treatments. Remember that the same profession that has brought us chemotherapy and radiation once brought us leeches and bloodletting, with equal certainty that they were helping people.

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**Claire**

SEPTEMBER 22, 2013

How do you know when it is time to slow down with the juicing? once your skin turns orange?

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**Ann Cameron**

SEPTEMBER 29, 2013

Slow down a few months after you are CURED and have NO MORE CANCER. I turned only slightly orange. It was hardly noticeable and the color disappeared after a couple of months. Other people I guess stay orange-ish quite a while, but it's worth it and will do you no harm.

---



**cathieg**

SEPTEMBER 27, 2013

Hello from Scotland! So glad to read Anne's story as I have had a very similar experience with my own cancer 15 years ago. I had non Hodgkin's Lymphoma and the tumours were all over my abdomen, some quite enormous.

Unlike Anne, I made some other changes to my life, because basically life was not working for me. My connection to my own self and my purpose in this life was non existent.

I wrote a book about this but am not writing this to plug it. I

am so happy that someone else is singing the praises of this wonderful life elixir that is carrot juice, especially from organic carrots (saves peeling them!)  
I became extremely orange, but that is a harmless reaction...  
Claire, only stop juicing when you have reached your goal and then keep some in daily, because carrots are your friends!!;+)

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**Crystal**

SEPTEMBER 27, 2013

I am a single mother with 3 beautiful children i now face for a second time a diagnosis of stage 4 breast cancer with bone,lung mets. I dont want to die im only 36 years old help please !!! What do i do i am currently on chemo taxol carboplatinum and a bone treatment zometa i know at some point the chemo will kill me ive already done 22 treatments please help what do i do !!!

---



**Dee**

SEPTEMBER 30, 2013

Crystal, I don't think the juice could hurt. No one can tell you what you should do, but again, could it hurt to do the juice? It makes sense to give your body what it needs to repair itself and the conventional treatments don't seem to help with that at all. I think you could add to the effectiveness by eliminating sugar and adding foods that fight cancer as well (Google those). Best wishes and prayers for you. Fight.

---



**[Ann Cameron](#)**

OCTOBER 4, 2013

Crystal, I hope you will try juicing. Ask your doctors what positive more chemo can do for you. Can more chemo cure you? If it can't, is there any point in doing more?

When I was diagnosed with the lung cancer, the oncologist said chemo would not cure me; it would only retard the cancer by 20 months. The surgeon, when I asked, said I only had two to three more years to live. I decided against the chemo because of the possibilities it would make me sick. Apart from the diagnosis I was feeling great. I think the carrots were more effective because my body just had to attack the cancer and wasn't trying to repair the assault of the chemo as well. I hope you fight the cancer with your mind, too. Tell it you are not afraid and you are going to defeat it. Tell it that every day. Tell it to leave!!

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[Mary Moh](#)

SEPTEMBER 30, 2013

Thanks for dropping by my blog! It's really encouraging to read of how you and Ann recovered from drinking lots of carrot juice. It's simply amazing! So wonderful that you are completely cured, and also Ann. I do hope more people will start juicing. Thanks very much for sharing!

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[Ann Cameron](#)

OCTOBER 4, 2013

You're welcome. We need to spread the word!

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**Steve Bowers**

OCTOBER 8, 2013

For Chris or Ann Just wondered in your 5 cups a day, how much juice you got in each cup from 5 lbs of carrots and did you spread them out through out the day? Trying to find out if my juicer is getting enough or not, although I realise now 1Kg is a lot larger the 1lb.

Thanks

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### [Ann Cameron](#)

OCTOBER 10, 2013

With a Champion juicer I got about five or maybe six eight ounce cups from 5 lbs. carrots. With the Omega, I got a little over four eight-ounce cups from the five lbs. of carrots. I spread them out over the day. Ralph Cole drank all his juice at once. We both successfully cured our cancers. It is probably better to drink the juice on an empty stomach several times a day to get maximum absorption—but really, it makes no difference! You'll get enough either way. I kept the juice I hadn't drunk at once in a closed jar in the refrigerator to prevent oxidation degrading the juice.



### **Angela Pounder**

OCTOBER 9, 2013

Hi my mum is 85 and has just been diagnosed with cervical cancer but im getting conflicting answers about what stage it is. The dr says stage 4b but it is only in her chest lymph nodes and hasnt gone to other major organs is there still a chance for her with the carrot juice.. I cant lose my mum she was fit and healthy before this with no other medical problems.. They suggest radiotherapy to shrink the tumor but are giving up on the rest.. Why cant they help the lymph nodes.. Please help



### [Ann Cameron](#)

OCTOBER 10, 2013

I don't know why they can't help the lymph nodes. I think there's still a good chance for her with the carrot juice. It's worked perfectly for Ralph Cole and me, and it's now working for some others who are improving. Even though she is still fit and healthy, I think that radiation might be very hard at her age. (Or maybe not.) I think it's good to ask



doctors to state what are the statistics on success with radiation for curing the cancer and what side effects she can expect—particularly at her age. She is already four years beyond the average US life span. Carrots might not save her, but they won't destroy her health. What will radiation do to her quality of life? Do they feel it will extend her life? Ask about "all-cause mortality." The way statistics are cited is to say for instance, is to discard from cancer success statistics those who die of other of other causes before treatment is done. This makes the treatments seem more successful than they are. Say your mom does the radiation successfully on the cervix, but gets pneumonia because the radiation has damaged her immune system, and dies of pneumonia. Statistics won't explain that she got the pneumonia because of the treatment. Also, in her case, given that she has the cancerous lymph nodes to deal with, too, what lengthening of life can she expect from the radiation treatments. There's a kind of discouraging but excellent book, *Malignant Medical Myths*, by Joel Kaufman, which explains a lot actual success of radiation and chemo and how statistics have been manipulated, and what questions to ask her doctors. We all tend to forget or repress the knowledge that every life has an end. I think, if I were her, I'd decline the radiation, do the carrots, and live the rest of my life without illness induced by treatment. Of course it's a very individual decision. I wish her and you the best.



**Betsey**

OCTOBER 10, 2013

Chris, do you know of any women who have ovarian cancer who have healed using diet and eating vegan? Thanks for all your help and inspiration.

---





## Angela Pounder

OCTOBER 11, 2013

The drs said they are sure they can get rid of the tumor in the pelvic area but wont treat the lymph nodes in her chest even though it has not spread to other organs. They say she has a year to live so does that mean it will spread quickly to other organs now.. She has no other medical problems and is very healthy with good genes.. I dont want to lose her she has so much more life to live



## [Ann Cameron](#)

OCTOBER 16, 2013

It sounds like the doctors think it will spread rapidly. They thought mine would spread rapidly and instead, thanks to the carrots, it disappeared. I think the less your mother's immune system is attacked with conventional treatments, the better chance she has for carrots to cure the cancer. When a body has to work to repair damage from treatment as well as to attack the cancer, it has double the work to do and I believe that would make it harder for your mother to recover. I think if someone has metastasized cancer that is causing a lot of pain, there's a reason to risk chemo or radiation to lessen suffering. But both also cause suffering. If your mother feels good, that's an excellent sign that carrots alone might cure her. I would advise a short trial of carrots for six weeks or so, and then a new scan to see if they have worked some improvement. There's no guarantee they will, but I think there's a good chance. Once the doctors say chemo and radiation won't cure and prolong life more than a few months, I wouldn't trade present good health for a possible only slightly longer life span with less quality of life. You might ask if they had an 85-year-old mother with the prospect of only a year to live, would they would subject her to the treatments they're suggesting for your mother. The oncologist I saw in Guatemala said that if he had cancer, he

would decline chemotherapy and radiation because of the suffering and damage they cause. Also, if they think she will die in a year, what is the benefit of “getting rid of the tumor?” Will that make her more comfortable or extend her life? –My dentist in Guatemala told me about his father, who was told he had only four months to live. His father (with prostate cancer) responded, “You’ve got that wrong!” It’s 16 years later, and after a long struggle with the cancer, he won—he’s alive, healthy and going to the gym every day. When he had the cancer, he used to stare at the bad spots on his X-rays for up to an hour a day, telling his brain to register where they were, and telling his body, “Kill! Kill! Kill!”

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**Angela Pounder**

OCTOBER 14, 2013

I have decided to try my mum on the carrot juice what have we got to lose and was wondering if 3 cups a day would be enough as my mum is short and only weighs 56kgs. Also i would like to send an email to ralph cole but his email wont work.. Would you know of another email i could get in touch with him.. Thanks

---



**Ann Cameron**

OCTOBER 16, 2013

Probably 3 cups a day would work, but I think 4 cups would be more prudent. If her cancer is visible, you could see if it shrinks with only three cups. Good luck to you.

iRalph’s e-mail is [Ralph90015@yahoo.com](mailto:Ralph90015@yahoo.com)

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**Angela Pounder**

OCTOBER 16, 2013

Thanks for your comments and advice Ann. I was told by the oncologist that if they dont treat the pelvic tumor now she

will die a horrible painful death and they refuse to give her chemo because of her age. I gave mum a glass of fresh carrot juice today but she doesn't like the bitter taste much so we may have to put something in to sweeten it.. Any suggestions? I am a bit worried about whether she will be able to tolerate the juice and not cause her stomach or bowel upset. She was ok when we left over an hour and a half after she drank the juice.. Do you know how long it may take to react to the juice if its going to happen. Did you get any adverse affects. I really hope this works. Thanks again.

---



**Angela Pounder**

OCTOBER 21, 2013

It seems my mum is not having any adverse effects from the carrot juice so i will up her amount.. Want to take it slow so she doesnt get sick from it as i really want this to work. Problem is now she is losing her appetite and im very worried.. Maybe she is drinking too much fluid.. Does carrot juice count towards fluid intake?

---



**[Ann Cameron](#)**

OCTOBER 23, 2013

Yes, the carrot juice counts toward fluid intake. I think it's more important for her to get the carrot juice first and not force other fluids on her. (Unless you and she sees that she's dehydrated—a dry mouth, for instance.)

---



**thloh**

OCTOBER 23, 2013

Ann,  
My dad has colon cancer, surgically removed and now it metastasized to bladder and liver. I'm now juicing about 3 lbs of carrot everyday for him. Does it NEED to be 5 lbs a

day? Do you peel carrot before juicing them?

Thanks, appreciate your advice.

---



[Ann Cameron](#)

OCTOBER 23, 2013

It depends on his weight. Ralph Cole thinks 3% of one's body weight is necessary. But five pounds is better. No, don't peel the carrots, just wash them off. Falcarindiol, one of the anti-cancer compounds in carrots is in the peel. The other ever stronger compound is falcarinol, in the core of the carrots. You can use ordinary carrots, you don't need to use organic, though organic taste sweeter. I often added fresh ginger, a small amount, and one apple to the juice of the 5 lbs. of carrots. Sometimes I added melon. You could add some fresh orange juice—but ALWAYS you need the right amount of carrots. Probably you could add orange For me the sugar in the carrots or add-ons, plus sugar in my normal diet (chocolate) didn't interfere with the cure. I also ate meat, dairy food, had a glass of wine, pizza, whatever I felt like. Only no Cokes or other sodas, just because I don't like them.

---



**thloh**

OCTOBER 24, 2013

Do you juice them all at once in the morning and store them in the fridge and consume throughout the day? Does it needs to be freshly juiced?  
Sorry for having so many questions.

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[Nick](#)

JANUARY 13, 2014

How is it going for you?

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[Ann Cameron](#)

OCTOBER 23, 2013

After my colon surgery I had no appetite at all for about three weeks. I took a probiotic and that helped my appetite return to normal.

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**Angela**

OCTOBER 24, 2013

Im so worried about my mum as she has lost her appetite and i think the radiotherapy is having a bad effect on her ans because she isnt eating im afraid she wont want to drink the carrot juice and she is really down.. I just wish there was something i could give her to help her appetite.. I hate what this radiotherapy is doing to her and its only been a week.. What do i do... :(

---



**Angela**

OCTOBER 25, 2013

Do you think it would make much of a difference if one day a week you didnt drink the juice as i cant get it over to my mum every day.

---



[Ann Cameron](#)

OCTOBER 25, 2013

Ralph Cole skipped one day a week and got cured. I wouldn't skip more than that, but I wouldn't worry about one day skipped.

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**Angela**

OCTOBER 28, 2013

Thanks Ann for your replies i really appreciate it. My mum is

trying to drink 2 cups of juice a day but its getting hard as i feel like im forcing her. I wish she could drink more but the radiation is making her sick and not wanting to eat. Im so worried. :(

---



[Ann Cameron](#)

OCTOBER 28, 2013

Hi Angela,

Recent research on breast cancer shows radiation creating more aggressive tumor cells. Is more or any radiation actually going to help your mother? 80 percent of cancer patients getting radiation or chemo are malnourished because they have no appetite or can hardly eat. Is this the way to health? Here is article about radiation and breast cancer. I think radiation would affect other kinds of cancer the same.

RADIATION TREATMENT GENERATES TREATMENT RESISTANT  
BREAST CANCER CELLS

Radiation therapy can convert breast cancer cells into dangerous stem cells that are resistant to chemotherapy

Robin Wulffson, MD

Robin Wulffson, M.D.LA Women's Health Examiner

February 13, 2012

Most are aware that a common treatment for breast cancer is radiation therapy; however, a new UCLA study has reported the disturbing finding that radiation therapy can convert breast cancer cells into dangerous stem cells that are resistant to chemotherapy. The study was published online on February 13 in the peer-reviewed journal Stem Cells. The research was conducted by scientists affiliated with the UCLA Department of Radiation Oncology at UCLA's Jonsson Comprehensive Cancer Center.

According to UCLA Health System, breast cancer stem cells are considered to be the sole source of tumor recurrence; these cells are not only resistant to radiation therapy but

also relatively unresponsive to chemotherapy. The researchers have reported for the first time that radiation treatment kills about 50% of all the malignant cells during each treatment; however, it transforms the remaining cancer cells into treatment-resistant breast cancer stem cells. Thus, the development of these cells offsets the otherwise highly effective radiation treatment. Senior author and radiation oncologist Dr. Frank Pajonk noted that if researchers could discover the mechanisms for this transformation, they might be able to prevent it from occurring. This accomplishment would lead to more effective radiation therapy for the dread disease.

Dr. Pajonk noted, "We found that these induced breast cancer stem cells (iBCSC) were generated by radiation-induced activation of the same cellular pathways used to reprogram normal cells into induced pluripotent stem cells (iPS) in regenerative medicine. He added, "It was remarkable that these breast cancers used the same reprogramming pathways to fight back against the radiation treatment."

The study authors wrote: "Controlling the radiation resistance of breast cancer stem cells and the generation of new iBCSC during radiation treatment may ultimately improve curability and may allow for de-escalation of the total radiation doses currently given to breast cancer patients, thereby reducing acute and long-term adverse effects."

Among breast cancer cells, only a very few are breast cancer stem cells. In the study, the researchers eliminated this small pool of breast cancer stem cells and then irradiated the remaining breast cancer cells. Subsequently, these cells were placed in mice. Using a unique imaging system, which the researchers developed to visualize cancer stem cells, they were able to observe their initial generation into iBCSC in response to the radiation treatment. Dr. Pajonk noted that the newly generated iBCSC were remarkably similar to breast cancer stem cells found in tumors that had



not been irradiated. In addition, the researchers discovered that the iBCSC had a more than 30-fold increased ability to form tumors compared to the non-irradiated breast cancer cells from which they originated.

“What is really exciting about this study is that it gives us a much more complex understanding of the interaction of radiation with cancer cells that goes far beyond DNA damage and cell killing,” noted Dr. Pajonk. He added, “The study may carry enormous potential to make radiation even better.” He stressed that breast cancer patients should not be alarmed by the study findings and should continue to undergo radiation if recommended by their oncologists. He explained, “Radiation is an extremely powerful tool in the fight against breast cancer. If we can uncover the mechanism driving this transformation, we may be able to stop it and make the therapy even more powerful.”

This study was funded by the National Cancer Institute, the California Breast Cancer Research Program and the Department of Defense.



**[Ann Cameron](#)**

OCTOBER 28, 2013

Angela, if you are concerned about dangers from radiation therapy, read “Radiation 101” right here on Chris’s site. I found it by Googling “ChrisBeatCancer” and “Radiation” together. Read it and see if you still think radiation is helping your mom.



**Angela**

OCTOBER 29, 2013

I would love to get my mum off radiation as i have read alot of bad stuff about it but the dr said if they dont get rid of the pelvic tumor now she will die an agonising horrible death and they also said that the tumor has done alot of damage

even though ive read about women who have larger tumors than my mum. I still dont understand why they are saying its stage 4b when its not in any other major organs as i read that 4b is when it spreads to lung or liver.. Im so confused...

---



[Ann Cameron](#)

OCTOBER 30, 2013

Ask the doctors for evidence. What damage has the tumor already done that they can show you on a scan. Why do they say it's 4B rather than 4A? Can they show you evidence for patients like your mother, around her age and level of health, that radiation actually cured? It could be that if the tumor can't be reduced it would outgrow anything carrots could do to contain and fight, and that you would be better to have radiation simultaneously with carrots. Getting evidence from the doctors is the key to making an informed decision.

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**Angela**

OCTOBER 31, 2013

They say its 4b because it has spread to lymph nodes in her chest. Maybe it is too late to help her.. Maybe im wasting my time with the carrot juice. My mum is now having severe diahorrea and cant go for her treatment today. Im also wondering what damage the drs are talking about that is too extensive. Ok if it was in her lungs or brain it would be a problem but damage to the pelvic area.. What could be so bad down there that it will kill her. I feel like giving up at times and im losing hope. :(

---



[Ann Cameron](#)

NOVEMBER 6, 2013

I hope you can continue with the carrots. I think the radiation

is worse than the cancer, but that's just my guess. My husband died of cancer and pain medications made his death not painful and he didn't endure all these treatments. I don't know why cancer death with radiation is worse than without. I doubt it is worse without radiation.

---



[Ann Cameron](#)

NOVEMBER 6, 2013

Can your mother be in hospice care? Is that appropriate? Can you consult someone or the internet about cancer in the pelvis and death from it alone, versus death from it and radiation? Do the doctors believe they can save her with radiation? What does your mother herself want? Terrible diarrhea is no quality of life.

---



**Angela**

NOVEMBER 7, 2013

My mum is drinking 2 cups of carrot juice a day now and her appetite has improved a bit which is great. The diahorrea settled down and she hasnt had any this week which is awesome. She always feels worse just after treatment and if she has a bad nights sleep but apart from that she is doing ok. She also has a bit more strength in her legs and has stopped losing weight. This gives me hope. Doesnt a hospice mean she goes there to die.. She is far from that at the moment. I just hope things keep improving. She doesn't have much pain at the moment so im still hoping once the tumor has shrunk the carrot juice may do the rest like get rid of the cancer cells in her lymph nodes. The drs say they cant cure her only give her more time with radiation otherwise she would go much quicker.

---





## [Ann Cameron](#)

NOVEMBER 8, 2013

Carrots alone can shrink tumors. A man who has just been using carrots for eight weeks in that time shrunk a lung tumor the size of a walnut to nothing—no more cancer—as reported to Ralph Cole at [CancerIsOver.org](http://CancerIsOver.org)

As for hospice, it isn't "a place you go to die" anymore. It's a service for those who are believed to be within six months of dying, for which a doctor can recommend a patient. If the person gets better, she leaves hospice. The nurses and social workers serving patients in hospice visit them at their homes, give prompt help to relieve pain, answer questions, urgent questions from patients. They work to prevent suffering. When my husband entered hospice he was still active and alert. He enjoyed the hospice nurse and social worker, who were very sympathetic, appreciative of him. Hospice workers always answered our phone calls within a half an hour with solutions for immediate problems. I didn't believe my husband was going to die when he entered hospice. I'm sorry I was wrong, but glad he got love, attention and help from the hospice nurse and the social worker.

I think that carrots alone could stop her cancer, and that radiation may make her much less healthy and interfere with her eating and her immune system.



## **Angela**

NOVEMBER 8, 2013

Thanks Ann for answering my messages all the time. I have hope that the juice will work but i still need mum to be drinking at least 3 cups a day and im not sure if she will. I am going to add wheatgrass juice to her diet to as ive read some good things about its properties especially to do with detox and immune system help. Im also going to get some protandim tabs as these are very good for people doing

radiation therapy to help the immune system with antioxidants.. Its a herbal product not a drug so im sure it will be fine. She had diahorrea again today and couldnt do treatment but once she knew she wasnt going to have the treatment the diahorrea stopped! I think she stresses when going there and i dont blame her. I just hope when the treatment finishes the carrot juice will heal the rest and hopefully get rid of the rest of the cancer. Heres hoping.

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[Ann Cameron](#)

NOVEMBER 18, 2013

I hope so too. All the best to her and you.  
Ann

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**Ik**

NOVEMBER 10, 2013

My brother was diagnosed in March 2013 with NSCLC, non small cell lung cancer. Surgery was not the option, he had 4 cycles of chemo and two maintenance doses of chemo, I was against chemo but obviously in a panicking situation every one accepted drs words, he has almost 60 percent shrinkage in tumour and some shrinkage in lymph nodes, we were juicing as well and still juicing like carrot juice 5 glass with wheat grass and barley grass and lot of supplements, he went to Budwig centre and following Budwig protocol, we all are praying for him and he is doing well, we haven't done scan yet but his tumour markers from 156 to go down to 12 which is great. He is exercising and his energy level is good he is drinking lot of fluid, inc juice. No sugar, no oil, just vegetables and ( chicken and fish once in a month). turmeric, folic acid, paw paw, LDN, and a long list of supplements. Wish him and all patients to be cancer free. Chris you are truly a blessing for all the patients of cancer. you are inspiration and all the cancer survivors on your website

are true inspiration, I am always waiting for your new videos and once it comes out, I watch that video may be 10 times a day and show it to my family. keep doing the great work. Thank you for every thing.

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**[Ann Cameron](#)**

NOVEMBER 18, 2013

Great news, I have some LDN that I won't use, that I got in January this year. Do you want them? The LDN made me dizzy, so I gave it up. Tell me your brother's address and I can mail it to him.

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**Laura**

NOVEMBER 15, 2013

Mary Jean,  
Hi, Where do you get the apricot seeds from? do you buy them as seeds or kernels?  
Thanks!  
Laura

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**Angela**

NOVEMBER 20, 2013

An update on my mum. She is doing better and her appetite has picked up which is good. She is still drinking only 2 cups of carrot juice a day but im hoping to up that once radiation therapy is finished which is next monday. She didnt get too many side effects so im hoping they did the treatment properly and not skimped on her because of her age. I know some drs dont care about the elderly. Now the hard task begins to try and get rid of what cancer is left and hope that it hasnt spread. I really hooe the carrot juice has done something and i will vet mum onto the wheatgrass juice to try and build her immune system back up again. Also going

to take mum to see a alternative therapies dr who sends tests away to europe to a specialist who then lets us know what natural treatments will be best for mum. Also need to get her body more alkaline as cancer cant survive in an alkaline rich environment. Hope this is all good. Im trying my best to heal my mum.

---



**Ik**

NOVEMBER 23, 2013

Hi Ann Cameron,  
Thank you for your concern, I am happy for you and I have sent you an email on your website but I assume that email is not working because I haven't received any reply, my brother is abroad and it will be costly to post but I m in Uk if you can drop me a text I will call you and if possible can we speak over the phone? My number is 07966696112 Thank you

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**[Ann Cameron](#)**

NOVEMBER 24, 2013

Hi Angela, I'm so glad you're mother is feeling better! I hope she can increase the carrots and that the radiation isn't too hard on her. I am skeptical about the tests that can be sent to Europe to let you know what natural substances are best for your mother. What are the tests? Why does somebody in Europe know better than someone here? Who are the tests being sent to? What are their credentials? Look up the names of the European and the doctor here and see if there are any complaints about either of them being scammers. They may not be, but I'd had for you to spend your hard-earned money without being sure you're getting something of value.  
About alkanizing the body, that also is unnecessary. Your body perfectly adjusts its Ph. If you toss baking soda or anything else into your stomach, you won't change the

alkalinity of the body anyway, but you will neutralize the stomach acid you need to digest your food. This is hazardous. Below is what Dr. Andrew Weil says about alkalizing your body.

Does Alkaline Water Promote Health?

Manufacturers of water ionizers state that their products produce more alkaline water, which allows your body to better absorb minerals and antioxidants from water. Are these health claims real? Do you recommend ionizers?

A

Answer (Published 9/4/2002)

Updated 5/13/2005

Home water ionizers, which I've seen offered for sale on the internet, are just the latest twist in the ongoing effort to promote the notion that alkaline water is somehow protective of your health. The underlying idea is that you can prevent disease by balancing your body's pH. Promoters claim that alkaline water is energizing, hydrates the body more effectively than regular water, improves the taste of food when used in cooking, promotes "regularity," helps the body absorb nutrients more effectively, and on and on. I've even seen claims that it can cure everything from obesity and high blood pressure to breast cancer.

None of these claims are true. Furthermore, your body needs absolutely no help in adjusting its pH. Normally, the pH of blood and most body fluids is near seven, which is close to neutral. This is under very tight biological control because all of the chemical reactions that maintain life depend on it.

Unless you have serious respiratory or kidney problems, body pH will remain in balance no matter what you eat or drink. As for water, you should consider the fact that alkaline water is common throughout the western states but to my knowledge it has not protected anyone from the diseases and disorders that occur elsewhere in the U.S.

The health claims for water ionizers and for alkaline water are bogus. Save your money.





[Ann Cameron](#)

DECEMBER 8, 2013

Hi Ik, I never got your e-mail. Other e-mails come to my website. Try my regular e-mail, [anncameron2009@hotmail.com](mailto:anncameron2009@hotmail.com).

It sounds like your brother is doing well.

I'm glad!

Ann

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[Ann Cameron](#)

NOVEMBER 24, 2013

As far as I know the website e-mail is working. Try again, and I'll respond. I am getting a bit overwhelmed by carrot related correspondence, so right now I'm not in the mood to call. It is very interesting, distressing, and heart warming to hear from people but I'm neglecting long-time friends for strangers. I know a phone call can be reassuring, though! So we'll see. Personally I think he should have fish more than once a month—preferably several times a week, because especially oily fish is anti-inflammatory. Here is what Dr. Andrew Weil says about the Budwig diet—but whatever your brother feels helps him I wouldn't want to discourage.

A

Answer (Published 4/8/2011)

Johanna Budwig, Ph.D. (1908 – 2003) was not a physician, but a well-known German biochemist. In 1951 she proposed her cottage cheese and flaxseed oil diet and supposedly demonstrated that a daily helping of this mixture plus other dietary restrictions (no animal fats, no salad oils of any kind, no meats, no butter or margarine, no sugar) would not only prevent cancer but could cure it. Her thesis was that the blood of seriously ill cancer patients is deficient in

lipoproteins and substances called phosphatides (or phospholipids), both special types of fats. She believed that deficiencies of these fats allowed cancer cells to grow and multiply.

Dr. Budwig reported that when she looked at blood samples from cancer patients with this deficiency of fats, instead of hemoglobin to carry oxygen around the body, she saw a strange greenish-yellow substance that she believed to be the cause of weakness and anemia in cancer. She then claimed to have found that when patients ate a blenderized mixture of organic flaxseed oil and cottage cheese, this discolored substance disappeared along with the malignant tumors.

This sounds completely fanciful to me. For the record, I found only four studies by Dr. Budwig in a medical literature search. None of them supported her “cancer cure.”

I often recommend freshly ground flaxseeds to patients as part of an anti-inflammatory eating plan, and I see no harm in mixing ground seeds – as opposed to oil – with cottage cheese. Flaxseeds provide alpha-linolenic acid, which the body converts to the essential, long-chain omega-3 fatty acids found in salmon, sardines, and mackerel. Flaxseeds also provide fiber and are one of the richest dietary sources of lignans, a class of plant estrogens thought to help protect against breast, prostate, and colon cancers. Whether you are sick or well, I recommend adding a tablespoon or two of ground flaxseeds daily to cereals, soups, salads, or rice. However, I don’t recommend flaxseed oil because it goes rancid too quickly and is devoid of fiber and lignans. And I certainly would not rely on a combination of flaxseed oil and cottage cheese as a treatment for any form of cancer or as a diet to promote overall health.

Andrew Weil, M.D.

Incidentally, I’ve seen repeated references to Dr. Budwig’s several (six or seven) nominations for the Nobel Prize. This isn’t a prestigious distinction, since anyone can self-

nominate or have others submit his or her name. The Nobel committee does not disclose the names of nominees for 50 years.

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**[Ben](#)**

NOVEMBER 29, 2013

Chris or Ann, do you think adding a couple apples to the 5 lbs. of carrot juice decreases the benefits of the juice, or is fine? What about adding other vegetables or fruits?

Thanks,  
Ben.

---



**Richard Tang**

DECEMBER 3, 2013

Hi Ann,

Thanks for the sharing (as well as Chris and Ralph experience of cos)

Recently my dad got pancreatic cancer – Stage 4, we knew that it is a quite challenging one.

I came across with your story and currently start juicing 5 pound for him per day.

During intake of massive carrot juice, do you have any feeling or experience besides turning orange.?

For example, urine color change / sweating. After taking carrot juice, my father goes to washroom more frequently to deliver some black substance (but he say the feeling is good after that), and we think it is a good sign.

Sometimes he will take more than 5 pounds if his situation is good.

Thanks.

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**Angela**

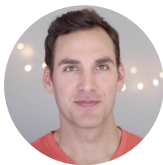
DECEMBER 6, 2013



Hi Ann

Just an update on my mum. She has finished treatment and it looks like the tumor may have shrunk as she is having symptoms to suggest this. Her appetite is almost back to normal and she is feeling a bit stronger. She is still only drinking 2 cups of carrot juice a day and she is worried that it is staining her teeth so she may have to give it up :( anyone else had problems with their teeth staining from drinking carrot juice? I hope its not the juice.

---



**Chris Wark**

DECEMBER 6, 2013

Glad to hear that Anglea. She should drink more and stop worrying about staining her teeth. Carrot juice did not stain my teeth, but even if it is staining hers, they can be whitened. Healing cancer is way more important than yellow teeth!

---



**Ann Cameron**

DECEMBER 8, 2013

Dear Richard,

I had an orange skin to my skin. The carrots had a laxative effect usually an hour after I had the juice. Also my feces looked orange and had carrot pulp in them. The carrots are anti-inflammatory and very good for the colon. The color of urine didn't change. Otherwise I felt better than usual.

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**Richard Tang**

DECEMBER 8, 2013

Thanks for the reply Ann. My dad also reported that feces looked orange. Right now his skin has no color change. As the dose needed is 5 pounds, we are finding a pace that is comfortable for him as drink too much (e.g. 2 cups a time) will make him vomit due to the by-pass made in his

stomach.

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**thloh**

DECEMBER 9, 2013

Same here. My dad shows me his feces, and its orange. Skin color isn't changed in any way. He currently juices 5 pounds everyday.

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**[Ann Cameron](#)**

DECEMBER 8, 2013

I agree wit Chris—ending the cancer is much more important than tooth color! Carrots didn't stain my teeth. Coffee stains my teeth. I use Aquafresh Esxtreme Clean toothpaste and it keeps my teeth white.

I am glad your mother is feeling better.

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**Richard Tang**

DECEMBER 10, 2013

Thanks thloh, it's glad to know who is also trying carrot juice so I had more stories to encourage my dad. Juicing carrots is uncommon in Hong Kong but after looking into the story in here. It give us some hope!

Right now my dad has started around 2 weeks, he is becoming more tired but still able to keep the 5 pounds. Hope things will get better when time moves on (as two weeks has no effect). But one problem is that sometimes he vomit as part of his digestion system is blocked (a by-pass is created in his stomach to deal with that earlier). All all know that pancreatic stage 4 cancer is not easy but saw success case in Chris blog, my dad has refused chemo and maybe it's good after reading success case here.

How's your dad now around around 1 – 2 months of juicing?

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**thloh**

DECEMBER 11, 2013

There's not really a lot of data I can share, but generally he felt better. He used to get stomach bloat almost every other day, and now it is less, about 1-2 times a week, sometimes less.

Also, he used to keep having blood in urine, and now it is much less.

Unless I have a very solid data (like CAT scan or MRI), I can't tell if the cancer is really under control. However, if it is not affecting my dad's life negatively, and there are success stories, I don't see a reason why my dad should stop juicing. I'll definitely keep everyone posted here. (as I'm now a "regular customer" to this website)



**thloh**

DECEMBER 11, 2013

Also, a note. My dad juice 3 times a day for the 5 lbs. after breakfast, after lunch and before/after dinner. He didn't drink all 5 lbs at once



**Richard Tang**

DECEMBER 12, 2013

Thanks Thloh.

My dad also have similar situation – vomit almost every other day, usually the day if he go outside by transportation. (No blood in urine.

One of the challenge we had is that his mind is not very strong, and sometimes thinks the encouragement / carrot / other treatment is something that we use to cheer him up (since doctor said there is not much she could do), but luckily he still able to continue on 5 pounds separated into 2 to 4 times per day (together with Chinese Medicine offered

by another doctor)

Your "interim" results definitely give us more hope as the situation improves. Almost three weeks passed since he first drank carrot juice, seems the weight drop has become steady, but vomit sometimes continues. Will also keep everyone posted in here.

---



**thloh**

DECEMBER 14, 2013

Not too pleasant news. My dad's urine contains quite some amount of blood, hematuria today. Probably caused by the cancer in his bladder.

However stomach bloat does seem to be significantly less. (could be a symptom of improving liver cancer?)

I'll be bringing him for a CEA blood test today, will probably get the result next week. All I can do now is hope for the best. Hope dad's progress posts here might help people out.

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**Ben**

DECEMBER 9, 2013

Chris or Ann, do you think adding a couple apples to the 5 lbs. of carrot juice decreases the benefits of the juice, or is fine? What about adding other vegetables or fruits?

Thanks, Ben.

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**Ann Cameron**

DECEMBER 15, 2013

Hi Ben,

I usually added an apple and some ginger to the juice, and I got cured. The additions were fine for me. Sometimes I used melon, or parsley, or celery. The necessary thing is not to lower the amount of daily carrot juice. Good luck!

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NEW SUCCESSES WITH CARROTS:

Hi Thioh and Richard and everybody. More reson to hope.

Ralph Cole of website CancerIsOver.org sent me this encouraging e-mail from a young man about his girlfriend's progress after two weeks juicing the 5 pounds of carrot He says:

"My girlfriend was recently diagnosed with a return of cancerous tumors in her throat/lymph nodes area. She had them removed through surgery and radiation two years ago. This time they were wanting to do the same thing. She has been really nervous with thoughts of having to go through it all over again. I found your story and Ann's through a natural health website and a couple of weeks ago we started her juicing 5lbs. a day and I am happy to say that when she went to the surgeon for a consultation about surgery he said from the time of her ultrasound to the recent scan, which was a couple of weeks, the tumors have been "aggressively shrinking". I know between the juice and constant prayers from family and friends she is healing."

Also I have good news from a Mayan woman in Guatemala who is 67, has lost 50 pounds over the past few years and coughs continually and is very weak (she cooked in a kitchen with an open fire for many years) that she is feeling better and stronger and coughing less after two weeks on carrots. She is a midwife, but hadn't had the strength to attend a patient, but she managed to attend a birth last Sunday. Since she hasn't been diagnosed yet, I can't say for sure she has cancer, but it certainly sounds as if she does. Another man, a smoker with a tumor in a lung told Ralph that after eight weeks on carrots, he eliminated the tumor—he had no radiation or chemo. A woman in Holland who had lung cancer metastazided into her spine used the carrots for eight weeks (along with a green smoothie two or three times



daily. Her doctor said the tumors had shrunk and he didn't urge her to use Tarceva, which he had wanted a monthy earlier. Probably carrots can't cure all cancers, but I think the news we are getting about their effectiveness is very hopeful.

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**thloh**

DECEMBER 16, 2013

Ann,

Thanks for the news. This is really encouraging, and I hope this helps others to give carrot a try even though I can't say for sure if it works.

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**Richard Tang**

DECEMBER 16, 2013

Thanks Ann and Ralph for giving us such a lot of encouraging examples. Previously I often worried about the food that was taken, but Ann's story give us a case that cure is definitely possible while eating ice-cream (although we are still doing prevention for sugary food for my dad). My dad sometimes demanding for tasty food with high sugar value like chocolate / sweetened soya milk, saying that he need it (guess because he want to try on that), this had been some challenge for us.

My father will get a blood test next month, will keep everyone posted.

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**Pete**

DECEMBER 18, 2013

Ann,

My wife recently started on carrot/apple juice for her metastatic breast cancer in her liver. I would make a 32 oz batch with a cold-press juicer using about 12 to 18 carrots

(depending on their size) and 3 apples. I'd make the juice three times a week, storing (in the refrigerator) 64 ounces the first and second times and 96 ounces the third time, which was enough for two, two, and three days, respectively, in a given week. (Cold-pressed juice can apparently be stored for 48 to 72 hours.) Amazingly, her swollen abdomen (caused by the cancer in her liver) started to shrink after about four weeks of about 28 (2 x 14) ounces per day! The shrinking was measureable. Unfortunately she had to stop because she got diarrhea, apparently from the juice. Since it was made with a cold-press juicer and had a fair amount of pulp, we're thinking the pulp was the culprit. What's confusing is that if you were to look on the internet, you'd find claims that carrot juice is OK to drink when you have diarrhea. We're going to start again after the diarrhea calms down, with little or no pulp in the juice, and less apple. Did you ever experience any problems with diarrhea when you drank your carrot juice? If so, how did you deal with them? Did your juice have much pulp? Should we expect a certain amount of diarrhea when doing the carrot juice? Any recommendations would be appreciated! Thanks.

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**Richard Tang**

DECEMBER 20, 2013

Hi Pete,

It's great to hear on the news of swollen abdomen.

Not sure if it was due to the cold temperature. My dad also experience vomit a lot more when he's having juice made from cold carrots. Thus we will usually

- make the carrots at room temperature first a few hours before juicing

- or if time is not enough, put the juice in a jar and sink that in water at room / warm temperature

So I guess if you think juicing when needed is demanding, maybe you can consider to place the juice jar in room

temperature water for some time before drinking.

After warming the juice, he feel better on that. But as you are juicing with apple, not sure if placing that for a few hours maybe not so good as the apple juice color will change.

For my Dad's case, for diarrhea, my dad do go to toilet from frequently after juicing with orange (but the amount he vomit is smaller).



**mary**

JANUARY 6, 2014

Hi, I was told on two several occasions not to have anything cold while healing. when i asked why? the answer was cancer loves cold. One of the persons that suggested this was a girl who did the Gerson diet and was told this by them. Hope this helps with your dad.



**[Ann Cameron](#)**

DECEMBER 18, 2013

Hi Richard, I think you should let your dad have whatever sugar treats he wants (assuming he also eats healthy food. It's probably important for him to feel he is in control of his life—could be a problem to feel returned to childhood with the family the boss. Dark chocolate not milk chocolate, has benefits for people with cancer. See this story: "Researchers Find That Chocolate Compound Stops Cancer Cell Cycle In Lab Experiments" from Science Daily  
Best to you and your dad—  
Ann



**Richard Tang**

DECEMBER 19, 2013

Thanks Ann.

Thanks for the information and the encouragement :)

It is very good that you trust carrot juice from your heart (I also does the same thing). I also share your case with my dad, he need sometime to get use to the amount but luckily is most days he is able to consume 5 cups :)

At first we will let him have some sugar treats. But after he tried some (e.g. soya milk), he would then drink 1 litre at a time (hard to stop stop) and think he will become ok. And he will say to us it should be ok to drink much less carrot juice since he feel much better for soya milk (or other sweet drinks). Eventually on those days only 2 – 3 cups throughout the day with some vomit. We need to reduce the amount of sugary drink nearby otherwise he will drink them all once aware in midnight and refuse carrot juice the next day :( Now we are using sugarless soya milk and dried grapes for “snacks”.

We will keep on encouraging him and when his control ability is improved, we will feed him with more tasty food. For dark chocolate, I have studied but seems the side effect is that it will lower blood pressure (same time my dad blood pressure will be as low as 80 – 90 and he has one fallen down when he is awake for toilet). Thus after trying some we now preventing it until blood pressure becomes higher.



**thloh**

DECEMBER 21, 2013

Not a good news. My dad's blood test came out with CEA tripled of the previous month's level (before he started juicing carrot). I'm not blaming this on carrots, however, I think in my dad's case, carrot may not be able to cure or slow the progress of his cancer. I guess cancer differs from people to people.

Ann,

If you ever had CEA test before and after juicing (Since you had colon cancer as well), could you share them?

Thanks.



thloh

DECEMBER 21, 2013

Another thing to wonder : I've seen people who says CEA may increase during chemo, caused by dead cancer cells, causing CEA to be released into bloodstream.  
Could this be the case for my dad?



[Ann Cameron](#)

DECEMBER 23, 2013

THLOH

Hi, Thloh, I just read this Journal of Clinical Oncology study confirming a CEA surge in some patients getting chemo although their tumors were shrinking:  
<http://jco.ascopubs.org/content/21/23/4466.full%C2%A0> The surge sounds hopeful. My presurgery CEA was 5 and it was never checked after that. I think I'd pay more attention to how your dad feels than the numbers.

PETE

Pete, The carrots have a very strong laxative effect for me, usually about an hour after I drink the juice. I needed to have a bathroom very near. But I wouldn't call it diarrhea, since the rest of the day I was fine, all calm, except again for an hour after next doses. I think it's a reaction to the pulp, I read that the rapid expulsion of the feces and pulp is good for the colon, gets out toxins and the carrots are anti-inflammatory for the colon. I had a colonoscopy and endoscopy in September. At surgery in June 2012 the colon was inflamed; there wasn't any inflammation September 2013, so I think the laxative effect is good, though inconvenient. Great news about her stomach shrinking!

RICHARD

Hi Richard, Wow! YOur dad really does for that soy milk, doesn't he? I take back my advice about letting him have

sweet snacks. I forget I don't know people for whom I make recommendations. It's very important to keep the carrot juice intake high. Does he eat other food? Did he have chemo or radiation? Very interesting what you say about chocolate lowering blood pressure. I didn't know that. Best to everyone and happy holidays and a better 2014! Ann

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**Richard Tang**

DECEMBER 24, 2013

Merry Christmas Ann, Thloh, Pete and all.

Hi Ann,

These two weeks my dad start losing interest on "food" like Chicken, mushrooms as he will vomit soon after eating. I guess it is quite hard for him to digest.

A good news is he slow down on drinking sugary food since he experience bad feeling on the tumor after drinking one night. We will keep up with the carrot juice with him. His mental spirit has been weakened and we need to encourage him often.

He refuse to take chemo and radiation and was optimistic at that time. But at times flies, recently he started talking negatively but luckily he is still able to drink carrot juice. He is relatively energetic in the morning and at midnight but is very tired after the noon. Hope he will get through that soon. Carrot juice seems good for him as he refuse lots of other drinks like water, powdered milk, etc.

Now his drinks are: Soup, Chinese Medicine, Soya Milk and Carrot Juice throughout the day.

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**thloh**

DECEMBER 24, 2013

Richard,

Sorry to hear that.

I'm letting my dad have "whatever people says it is good for

him" – namely -> 5 lbs carrot juice daily, 10 fresh noni fruit daily, uturn grass (aka sabah snake grass) 200 leaves daily. The list is getting a little crazy, but there's nothing much to lose at this point.

Food wise, he is still consuming normal food (including pork), just no chicken, stingray, other food that is considered "toxic" by chinese in general. However we do reduce his high fat food intake such as fried food.



**thloh**

DECEMBER 24, 2013

Thanks for the reply Ann, I really appreciate it.



[Ann Cameron](#)

DECEMBER 23, 2013

Pete, I hope your wife can go to a slightly higher level of juicing, up to the 5 8 oz cups per day. It's so great the cancer is shrinking! I hope she can figure out a schedule for juicing so the laxative effect doesn't cause problems. –Ann



[Ann Cameron](#)

DECEMBER 27, 2013

Thank you, Richard and Thloh, for the details on your fathers. I think I mentioned earlier the Mayan woman who had a very bad cough, had lost 50 pounds over several years, wasn't eating, was very weak and could only take two steps before having to rest, and who had a very fast heart rate with heart pains so bad that when she had them she'd say she thought she was dying. She hasn't had any diagnosis, but I thought there was a very strong possibility she has lung cancer. Now she has drunk carrot juice for five weeks. And—her daughter says she was able to walk a kilometer at a brisk pace last Sunday, and she is eating three meals a day, and she's not

coughing and the fast heart rate doesn't happen often. So carrots are working for her, and her family is overjoyed. Wishing everyone a good New Year with better health for loved ones and much to enjoy.

Ann



### **Linda Justice**

DECEMBER 28, 2013

I have been so touched and amazed as I have read everyone's stories! Such hope and strength in each one! I have a basal cell carcinoma on the back of my thigh which I am treating with a cream called Curaderm. It is a painful treatment, but I think it's working as it "eats" away the lesion. I am wondering if the carrot juice could work for this. I have been eating a strict paleo diet for the past year and have been avoiding carrots because of their high sugar. But, from reading your stories, I will be juicing carrots!



### **Brigitte Schulte**

DECEMBER 28, 2013

Dear All,

I am a stage 4 colon cancer sufferer. Have had twice chemo and started again on a new chemo. unfortunately since then I have been so ill that I had to stay in hospital.

I have always been a very carefull eater and had good healthy fodd.

I used to make for the last month fresh juice from carrots apples celery and beet root.

Now I want to start on a nearly only carrot juice diaat, as doctors have given me only a short time to live. But I will not give up so easily.

The only problem I have is that my husband is so worried if I do not eat all the the normal food he thinks I need.



I eat a lot of vegetables and drink  
porridge in the morning with flax seed and green tea fruits  
etc.

AS my cancer has spread into my abdomen, I sometimes to  
take morphine as the pain is killing me.

Feel o.k. today and got a lot of comfort from this site today.

love brigitte

love brigitte



### [Ann Cameron](#)

DECEMBER 31, 2013

I have read that the betacarotene in carrots helps to regulate  
blood sugar.

My husband had basal cell carcinomas that his  
dermatologist would burn off with liquid nitrogen. Treated  
that way they were gone and didn't return. I just read  
negative account of Curadem on the American Cancer  
Society website: "There have been numerous reports of  
severe scarring and burns from the use of cancer salves.  
Some have been severe enough to require reconstructive  
surgery. One report involving Curaderm states that, while  
the cream appeared to make a basal cell carcinoma go  
away, a later biopsy revealed that there were cancer cells  
left underneath the surface of the skin. In another case of  
salve treatment, the cancer initially appeared to have  
"healed" but later recurred in tissues underneath the original  
tumor, presumably because the cancer was never  
completely cured. As a result, the cancer had to be removed  
by a much more extensive operation than would have been  
required if standard treatment had been used right away."  
Good luck with carrots or usual medical treatment for this.  
Happy New Year, Ann

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**Linda Justice**

DECEMBER 31, 2013

Thank you for your reply, Ann! I had also read that same article about Curaderm, as well as other testimonies on various cancer message boards. The main reason I chose Curaderm is because of financial reasons. I have no medical insurance and can't afford conventional treatment at this time. As with anything, I have heard both positive and negative stories with both conventional and alternative treatments.

I am wondering if you have heard of anyone with skin cancer being helped by carrot juice?

Thank you and I hope you have a Happy New Year with continued good health! ~ Linda



**[Ann Cameron](#)**

JANUARY 1, 2014

Yes, Ralph Cole cured his ten small squamous cell tumors on his chest with carrots. They disappeared 8 weeks after he started drinking the five cups of carrot juice daily. He has a survivor statement on Chris's site. His website is CancerIsOver.org You can go to it and write or call him. Best of luck!

Ann



**Lisa**

JANUARY 2, 2014

Hello there, roughly how many carrots is this a day? I've been having 13 a day which I estimated was roughly 5lb. I split this into 2 glasses a day. Is this sufficient?  
Thank you.



**Richard Tang**

JANUARY 4, 2014



## Some Updates on My Father.

After around 5 weeks of juicing with at least 5 pounds per day. (Starting in late early Dec)

The case my father is pancreatic cancer Stage 4 and no operation can be done, in his case even chemo doctor mention not much use (kind of worse of the worse)

- His weight drop from original 140+ to 130+. Then he start carrot juice but weight will continue to decrease around 110 pounds. At that time weight lost stop (At 4th week)

- During the 4 weeks he become much tired. But he does not have bad feeling after drink carrot juice. But cannot intake much solid food and vomit occur once every 1 – 2 days.

- At around 4 weeks, my father report quite painful feeling (actually can saw from his face). And the Chinese Medicine doctor add anti-pain medicine, but effect is not good. The amount of vomit each time decrease.

- From 4th week, his weight start to drop again to around 102.

- Yesterday 3th Jan 2014, my dad excrete one very black leave shape item (not sure if that is tissue / tumor) in toilet. Seems that the pain stop after excreting that thing.

- Today seems his pain is lessen and he feels much better. More importantly, his mind is becoming more clear. He is asking for different kinds of tasty food again and resume his play on Candy Crush in Facebook which is very rare in the 3rd to 4th week. It's a good sign and we are looking for more positive news.

Thanks Ann for helping all over the way and I hope I can deliver more good news soon. He will go for regular medical check (at hospital but no CT / PET scan).

Will keep everyone posted.





Richard,

Keep us posted. My dad's situation isn't a lot better (at least his CEA spike made him think so) after 8 weeks of juicing and he decided to stop juicing and try other alternative treatment (snake grass as of now). I'm trying to evaluate which alternative treatment is best for him as well.

We're all very confused about how to beat cancer, and any information shared would be very valuable.

Thanks



[Ann Cameron](#)

JANUARY 8, 2014

Lisa, No, you're not getting enough. You need 5 cups a day – a quart plus one additional cup. Good luck increasing!

Ann

Thloh, I'm sorry your dad quit juicing. But maybe he's right to do it. Ralph and I just news of another man, In India, cured today. If your dad finds he doesn't feel as good without carrots, maybe he'll go back to them.

That's good news about your father, Richard. We're hoping for more!



**Rena**

JANUARY 10, 2014

Hi Ann,

My husband has just been diagnosed with stage 4 rectim cancer with mets to lymph nodes above tumor and one near sternum and one near left collar bone. This is what the PET scan showed. He is 51 is relative good health. We were told 2 options – palliative or go the full hog with chemo/radiation – if well enough surgery and then chemo again. He hasn't made up his mind and is trying not to think about it at all. As soon as we found out his diagnosis – i have

been on the net researching as i am really not sure about chemo and have been following what Chris has been saying re diet etc. My husband has been losing alot of weight wth raw vegan and hates it, now it is vegan and we buy an organic chicken which he has with salad. We started juicing 5lbs of carrot daily 2 dyas ago. I add some turmeric in and he has it daily. If he can consume more, i make more. Is it ok to have more than 5lbs???? Anyways, last night he was up all night with acute pelvic pain and pain in the buttock area, he started to think his cancers were eating his stomache inside out ... finally when dawn broke, he had breakfast and 3 neorofins and has been fine. Just wanted to check if there is massive abdominal cramping, pain in tumour area when just starting the juice. I will keep on juicing and keep you updated. Faith in Jesus and carrots!!! Its been three days and hope he believes in carrots as much i do.



**Ninik**

JANUARY 10, 2014

Say HI..From Indonesia

Im Ninik, i had breast cancer on Oct 2009. I did mastectomy, Chemo and radiation..

After 4 year, there small node ( ).5-0.8mm) in my lungs on March 2013 and i didnt do any treatment. But starting last September i had progresive pleura efusion and had two times for punctie. last December, I did CT-scan, node remain unchanged but there's atelectasys that cause me little bit difficult to take a breath.

Doctor suggested me to do 2nd line chemotherapy and radiation again with the medicine stronger than 1st line chemotherapy.

But at this moment, im not ready yet since side effect.

So, my friend suggested me to drink pure carrot juice for 1 ltr per day from 2.5kg of carrot (i make twice per day-morning time and afternoon time). My friend gave me your website

also.

Since 7th january 2014, i have been drinking carrot juice.

Fyi, Im feeling more fresh

Besides that I also drink Nutrilite as supplement for protein.

Hope, my tumor marker CA 15-3 can be reduced and back to normal level next month.

To Ann and Ralph tks for sharing your story..

Hope it works to me too...#praying all the time#

Regards,

Ninik

[nini\\_triani@yahoo.com](mailto:nini_triani@yahoo.com).



lk

JANUARY 11, 2014

Hi,

@Richard gr8 to hear that your father is doing gr8. My brother has NSCLC diagnosed in Mar 2013 not operable, he had pericardial effusion, drained out and had 4 rounds of chemo with Cisplatin and Alimta and then couple of Alimta maintenance doses his tumour at all places shrunk almost 60 to 65 per, he is having many kind of supplements, had been to Budwig for couple of weeks and following Budwig diet plus from last six months he is having carrot juice 5 to 8 glasses but last scan in December 2013 showed increase in nodules and lymph nodes and plus his cough and mucus coming back, health wise he has no issue no pain, and he has gain weight, I m not in favour of chemo at all, but only thing I can not understand that when he stopped chemo then his tumour started increasing and cough came back, I don't know where we gone wrong even though he is having 5 to 8 glass carrot juice and couple of wheat grass juice, Alkaline water, Melatonin, LDN, Vit D, Trican from Budwig, paw paw, infrared blanket, some times coffee enemas, long list of vitamins, curcumin, raw veg and salads, no sugar no meat except fish couple of times in month, unfortunately he is

again thinking about chemo and I m not in favour of chemo but when I see him coughing obviously I think for chemo too even though I m against chemo, overall he is doing gr8 on juices and supplements, exercising, no doubt juicing and supplements giving him energy and I thing saving him from pain but only worry why his tumour started increasing again? Any suggestions from Ann or Chris or anyone else?

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**Ik**

JANUARY 11, 2014

His tumour marker result was in March CEA 157 and August during chemo and vitamins and diet it came to CEA 11 and now 7th of jan 2014 CEA 77

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**Rena**

JANUARY 12, 2014

Hi Chris, Ann,

Just an update, it has been almost a week since we started juicing 5lbs of carrots and my husband is eating as healthy as he can possibly can ... lots of veges and at times a slice of organic chicken (organic as it organic – the chicken wasnt fat antibiotics, hormones at all) – I must admit for someone diagnosed with Stage 4 rectum cancer – he feels quite OK – he gets grippy pains everynow and then – he just takes a couple of panadol ... i am looking forward to seeing what happens in 8 weeks and the future. Prayers – Carrots – Green Juices – seems good. Just need to get him to put on some weight. Do you have any suggestions for this. will continue to keep you guys updated with the progress. Rena  
x

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**[Ann Cameron](#)**

JANUARY 12, 2014



Hi Rena, Carrots had a laxative effect on me about an hour or two after drinking two cups of juice at a time—but no bloating or cramping. Chris used 8 lbs. carrots as juice in his regimentm Ralph and I both used 5 lbs. As you read, I didn't change my diet (pizza, wine occasional ice crean, lots of fruit a little meat, tortillas, black beans)and I was cured. If it appeals to him, I suggest your husband add in fatty fish like salmon or sardines, maybe some yogurt, or maybe the Budwig combo of cottage cheese and grapes; and nuts—cashews are supposed to be particularly good against cancer. How about a carrot soup with olive oil in it, or more oil on salads. Maybe baba ganoush or humus with some added olive oil on top? Here's a supposedly healthy recipe for cashews stacked on thin chocolate wafers. "Eddy Van Damme, Chocolate Dipped cashews. Good luck! It sounds like your husband's doing well!



[Ann Cameron](#)

JANUARY 12, 2014

Hi Ninik, I really hope carrots work for you. I don't know what's in Nutrilite. One caution for everyone with cancer—don't use NAC (N acetyl-cisteine). It is good for the lungs, but Because it is an antioxidant,it works it against the free radical stress that attacks tumors, either through carrots or chemo. Keep in touch! Ann



[Ann Cameron](#)

JANUARY 12, 2014

Dear Ik, I am very sorry the tumors aren't responding better to the carrots. From what I read, chemo and radiation both created super tumors by killing the most vulnerable cells in the tumor, but leaving the most resistant to grow more. And after each chemo treatment the next becomes less effective. If NAC is one of the vitamins you use, you should



drop it. Probably also drop anything else that is antioxidant, because Oxidants– not anti oxidants– are needed to put stress on the cancer. Apple peel is supposed to be effective against cancer and you can buy it on internet. I wish your brother well. I hope others will have good ideas for him. Chris's site has many alternatives. –Ann

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**Ann Cameron**

JANUARY 12, 2014

Dear Ik, This is a reference to the article "Survival among non-small cell lung cancer patients with poor performance status after first line chemotherapy." Lung Cancer, September 2012. "Performance status" means ability to handle the normal activities of life–walking, bathing, eating, etc.) Those who had no further chemotherapy lived 2.4 months on average; those who had "second-line" chemotherapy lived 4.8 months. You can look the article up. Second line and third line chemo usually don't help much. The question is, Are the worth the sufferings that come with them.

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**Rena**

JANUARY 12, 2014

Dear Ann, Chris,  
Many thanks for your reply. So far so good. I really do not think he is going to go ahead with chemo – he keeps saying he is feeling fine and wants to fight this off. He rather drink the carrot juice then go through all the side effects of chemo – he is going to tell oncologist to give him about 7 weeks to get his affairs in order (that would be 8 weeks with carrot juice) and then make a decision. will update week to week his progress. Thank you for you tips re food !!! everynow and then we have vegan indian which he loves loves loves!!!!

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## Anel

JANUARY 14, 2014

Dear Ann and Chris

My mother, 49, has been diagnosed with lung cancer that has metastasised to her brain. According to them she has a brain tumor and they said she is incurable. She had radiation on her brain, about 7 treatments and nothing on her lungs yet. I read about the carrot juice a few months ago and started her on it about four weeks ago. But now she does not like the taste and cannot really eat anything after the radiation it is now about a week and a half that she stopped juicing. She has been drinking beet, apple and carrot in the mornings but that's about it. Will carrots really help her situation and do you have any other testimonies that I can show her and convince her once again? I have thought of tube feeding lol!

This whole situation is difficult for us. I believe God has made everything so perfect and not lacking anything in that we would need humans to make the "cure".

Please any advice!

Thank you

Annelle



## [Ann Cameron](#)

JANUARY 15, 2014

Dear Annelle, Are there still more radiation treatments to come? Since your mother is incurable, I don't see the benefit. There are many reports about treatment being continued and causing suffering and no benefit, almost to the end of life. The bad taste of food can go away if your mother stops radiation. 80 percent of cancer patients have malnutrition and the treatments and loss of appetite are one of the reasons. Without good nutrition, one can't beat the cancer, I believe. A Mayan woman in Guatemala (where I live) who

wasn't eating because of bad taste of food, because of cancer I am almost certain, (she had no CT scan).after two weeks of juicing had the bad taste sensation go away and she's now eating 3 meals a day and has plenty of energy. I think she was a very advanced case. More details on some of those cured below. My hopes for your mother—Ann Ralph Cole and I have heard from two people with lung cancer one man who is cured by carrots in 8 weeks, and a woman in Holland whose cancer which had metastasized into a vertebra, but now the bone is healing and she is feeling better. She gets a scan in ten days. Additionally here in Guatemala carrots have had an extraordinary effect for a Mayan woman who less than two months ago could hardly walk, couldn't bend over, had a fast heart rate and heart pain, was coughing blood, and had lost fifty pounds over a couple of years and wasn't eating and had no appetite. I think she had or has lung cancer but she had no CT scan. After two weeks she felt better, after four weeks she could walk a kilometer briskly and took up her work as a midwife again, began eating three meals a day, going back to church, her heart no longer hurts. She is very much better very rapidly. I think improvement is more rapid if one has not had chemo or radiation. The man whose tumor was cured in eight weeks had no chemo or radiation.



## **Richard Tang**

JANUARY 18, 2014

Hi All,

Not a good news. My dad just went to hospital due to very low blood pressure. In his blood test, the doctor said his toxicity is very high (900+ which normal should be somewhat below 100) and there is no urine. Also there is a lack of minerals in his blood like Potassium. The doctor said the kidney failure can be due to liver or other reasons. The doctor is not quite optimistic in his situation.

Hope situation will improves these days after they deliver the supplements. In x-ray, there is no sign of spreading to lungs. But now the problem is the very high toxicity in his blood due to kidney failure.

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## Angela

JANUARY 20, 2014

Hi Ann

Thought I would give an update on how my mum is going. She is doing great.. her appetite is good probably better than in a long time and she is getting out into the garden again which she thought she would never be able to do again.. the dr removed her nephrostomy the other day and she is peeing normally again. She had a Pet scan the other day (most patients don't get an early scan unless they are doing well which my mum is) and it showed that the pelvic tumour is gone but there is some more swollen lymph nodes in her abdomen and a small cancer in her pelvic bone but the dr doesn't seem too worried about.. He said if it gets worse he will give my mum one round of radiation. At this stage I don't know if the carrot juice is doing anything. My mum is on only 2 cups a day.. Do you think if she went to 3 cups a day it might get rid of the cancer in her lymph nodes? She is looking so good and has so much more energy.. No more walking stick. Even the dr is surprised at how well she is doing.. Its almost like he is trying to find something lol

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## Rena

JANUARY 20, 2014

Hi Richard, Carrots seem to have quite a bit of potassium. My husband has decided to proceed and give chemo a try !!! he has been drinking 5lbs of carrots for 2 weeks and was feeling great but somehow he thought he would give chemo

a go (pressure from family and the surgeons) he said if he does not like it he will stop. Today was the first day of the 5 hour chemo and he drank 5lbs of carrot juice, beet root juice with ginger, had vege curry and has gone to bed. so far feeling ok – tomorrow he has to start taking tablets – will see how we go and will update everyone. Richard – I will pray for your dad – do not give up hope !!! angela great it hear about your mum!!! talk soon guys !!

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### [Ann Cameron](#)

JANUARY 22, 2014

Dear Richard, My husband had damaged kidneys that were restored to normal by a naturopath's prescription of the traditional Chinese medicine herbal combination Liu Wei Di Huang Wan. There's some information on this on wikipedia. My husband took 8 small pills of this with meals 3 times a day. It didn't upset his digestion or have any noticeable effect, except his kidneys kept steadily improving. \$5.50 I believe for 200 pills. I hope you can find those and that they'll help.

Ann

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### **Richard Tang**

FEBRUARY 9, 2014

Thanks Rena and Ann.

A sad news to share, my father passed away peacefully last month. The doctor said that it is mainly due to Kidney failure and spread of tumor to abdomen. The reason may be due to spread to kidney / heavy dose of substance requiring the Kidney to detoxify like Chinese medicine. At the time he was diagnosis, the tumor has already spread to liver and small intestine. We will spend more time with mum so that we all can overcome this soon.

Rene, wish your husband will have a good scanning results

next time. I agree sometimes eating favorite food will make your husband more happy with carrot juice and stronger will to fight against the cancer.

---



**Tien Hock Loh**

FEBRUARY 12, 2014

Appreciate you take the time to comment. My condolences.

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**Ann Cameron**

FEBRUARY 17, 2014

Richard, I'm very sorry about your father's death. You did all you could for him.

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**Rena Sharma**

MARCH 22, 2014

Dear Richard, so so sorry to hear about your Dad. I pray that God's peace and love envelope the entire family. My husband just had an MRI and it shows that the tumour (primary cancer) has significantly reduced and this is 2 month of juicing carrots. I count my blessings everyday and not take any day for granted. My thoughts are with your family!! xx

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**[Ann Cameron](#)**

JANUARY 22, 2014

Angela, So good to know how much better your mother is! Thanks for sharing. Remember how sick your mother was? Normally people with cancer just keep getting worse. What has helped her? I believe carrots are working, and definitely get her up to 3 cups and maybe they will eliminate the cancer in the lymph nodes. The important thing is how much better she is feeling. Don't stop with the carrots! Keep

in touch! Ann

Rena, I hope all goes well with your husband and that he doesn't give up the carrots—and does stop chemo if he feels bad.



**Rena Sharma**

JANUARY 26, 2014

Hi Ann,

So far so good! He is surviving the chemo – has not stop juicing. The chemo made him really tired day 1 and 2 but i belive with the carrot and good diet he seems to be on the road of recovery. Infact, prior to chemo, he seemed to be improving with the carrots alone. It is almost a week of chemo .. so will give you an update in a couple of weeks. So fat so good!! Thank you God.



**Angela**

FEBRUARY 5, 2014

Thanks Ann for your comments. My mum is improving every day and has put on 5kgs since finishing treatment. Her Dr said that they can get rid of he cancer in the pelvic bone with one treatment of radiation and he is even saying he can treat the lymph nodes now where as before he said no. Maybe she did so well with the other treatments that she can handle more. He was also please that this was. achieved with no chemicals or beach treatments. What I don't understand is why they want to wait until she starts showing symptoms before they do anything why not do it now and nip it in the bud. Weird. Mum is also drinking 3 cups of carrot juice a day. now so I'm hoping this will eradicate the remaining cancer. Keeping my hopes up.

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I am really glad your mother is doing so well, Angela! And excellent that she's upped the carrot juice to three glasses daily. Maybe her doctor is thinking she might eliminate the cancer without more radiation and so is waiting. You might ask him or her why.

Dear Everybody, I am writing an e-book I will put up online soon called Curing Cancer With Carrots To write the book I've been doing a lot of research. What I observe is that those who just do carrots have more success than those who also use many supplements. The effect of foods is better . Carrots can be anti-oxidant or have an oxidant effect. Oxidants create free radicals, which is generally bad, but in cancer, the oxidants can stress the tumor cells and destroy them. It seems as if the carrots become an "inner doctor" which knows which way to affect the cancer. The effect of compounds on cancer is very complicated, and the way one works may cancel out the good effect of another. Ralph Cole cured his cancer using carrots only, and so did I (lthough I added a slice of ginger and an apple to the juice for flavor.) A man in L.A. tells us he cured a lung tumor the size of a walnut in eight weeks only drinking carrot juice. So that's evidence from three. It is interesting and important that authors in the Journal of Nutrition is against supplements because they don't have the synergy of foods used together. Here's a quote from the article:

Potential Synergy of Phytochemicals in Cancer Prevention: Mechanism of Action. Journal of Nutrition, December, 2004.

We proposed that the additive and synergistic effects of phytochemicals in fruits and vegetables are responsible for these potent antioxidant and anticancer activities and that the benefit of a diet rich in fruits and vegetables is attributed to the complex mixture of phytochemicals present in whole foods. This explains why no single antioxidant can replace the combination of natural



phytochemicals in fruits and vegetables to achieve the health benefits. The evidence suggests that antioxidants or bioactive compounds are best acquired through whole-food consumption, not from expensive dietary supplements.

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## Rena Sharma

FEBRUARY 9, 2014

Hi Ann, it's been 2 weeks. He has done his first session of chemo and whilst on it has been juicing 5 pounds of carrot or close to a day. So far he feels great. He has put on 3 kilos in three weeks. Tomorrow he starts his second chemo session – judging from the shape of the poo (it was curved as that was where the tumour was in the rectum ... He says it's no longer curved ... Almost back to normal ) , he also says that he hasn't got the grippy pain nor the ache in the buttock area anymore. This would make 5 weeks on carrots ... We have introduced some white meats to the diet and he has a cheat snack every now and then like Ben and Jerry's chocolate ice cream which I know is BAD ... But it's only like once in a while. I seriously believe with my heart that the carrots are doing something .... 2 more weeks will be exactly 8 weeks on the carrot juice ... That is when we will do a dr scan or something to assess if tumour has shrunk or disappeared. So it's definitely prayers .. Thank you Jesus and Carrot Juice!!!! I will take a pic next time he is at the hospital ... We have this massive bottle of Carrot Juice ... And he is now officially ORANGE!!!!

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## Ann Cameron

FEBRUARY 10, 2014

Hi, Rena, Thanks for the good news! I ate ice cream & cured cancer, too. Not that I'm advising more Ben & Jerry's. Keep in touch!

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**Rena Sharma**

FEBRUARY 22, 2014

Hi Ann, 2 week update. After my husband's 2nd chemo session at the hospital and a scare at night (massive chest pains) following his chemo, he stopped taking the chemo tablets. He is still on 5 lbs of carrot juice a day – feels great, cant feel the tumour, more energetic than ever. I tell ya it is the carrots!! going for MRI in two weeks – shall keep ya updated!

---



**Ann Cameron**

FEBRUARY 24, 2014

Rena, That's great that he quit the chemo! And that he feels so good. I'd like to quote you in my book Curing Cancer With Carrots, which should be out in a week or so as an e-book (\$50). May I?

What kind of cancer does he have and when diagnosed?

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**Rena Sharma**

FEBRUARY 26, 2014

Hi Ann, of course you can, He was diagnosed with stage 4 rectum cancer. This was in Dec 13, doctors told him 8% can survive up to two years and 92% die within the first years. So far and ever since on carrot juice, he just feels GREAT.

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**Rena Sharma**

MARCH 21, 2014

Hi Ann, as mentioned before Nigel had an MRI scheduled on the 20th of March – this would have been 2 months of drinking 5lbs of carrot juice. He has only completed one full course of chemo – the second and third chemo was never completed due to side effects – all he had was the drips but

never took any of the xeloda tablets he was suppose to for 14 days etc etc ... well well well .. so what did the results tell us ... massive regression of primary cancer ... so there has definitely been significant shrinkage!!! Praising God almighty ... he had decided NO CHEMO !!! I always remembered what you said and I am not to sure who you were replying to .. but you mentioned that what is more important than the results is how does one feel today .. and that is what i asked him everyday .. and he said 'Great' !!! I love carrots!!! My recipe : Christ and Carrots!!! xx

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**Ann Cameron**

FEBRUARY 24, 2014

Oh yes I remember—rectal cancer. Did he have surgery or radiation? How long ago diagnosed?

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**ramana reddy**

FEBRUARY 27, 2014

Chris I want to know did you consume anything other than carrot juice or relied on carrot juice fasting itself?

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**Ann Cameron**

MARCH 4, 2014

As well as carrot juice, I ate a healthy diet, lots of fruits and vegetables, little meatm an occasionally glass of wine.

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**amy**

MARCH 6, 2014

Hi Chris and Ann, I had ovarian cancer back in 2012 and I have a reoccurrence on 12/2013. I've tried the flaxseed oil & cottage cheese, but I cannot tolerate these 2 products. After reading your stories, I've started the 5lb carrot juicing on a

daily basis. I have tumors in my colon and around my stomach area. Do you think the carrot juicing will work on me? Any feed back will be greatly appreciated.

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**Ann Cameron**

APRIL 21, 2014

Hi Amy, I didn't see your post earlier. I think carrot juicing might cure you, and it certainly won't do you harm. Have you tried carrots, and how is it going? I wish you the best.

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**Nicki**

APRIL 21, 2014

Thank you SOO MUCH for sharing this information! six months ago there is a spot in his xray, followed by CT scan they found 4 spots, the biggest one measuring 1.9 cm and it is reported as suspicious of primary bronchogenic carcinoma, in short they believe it was lung cancer. My husband never smoked. We were shocked, but then we decided not to go further with treatment. I found Ann's post about her lung tumors and first thing I did was bought a juicer, and I started juicing 5 lbs of carrots every morning. We did not miss any day! His skin turned just slightly orange but no one said anything. in addition, I made him Chinese white fungus and pear soup daily and he takes reishi supplement. Now, six months later, just before Good Friday, on his second xray after 6 months was reported that his lungs is completely CLEAR, no spots whatso ever. PRAISE THE LORD! we are very grateful that we found this very valuable information. We are So happy and relieved. THANK YOU!!

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**Rena Sharma**

APRIL 21, 2014

that is just awesome!!!



## Ann Cameron

JANUARY 9, 2015

Dear Nicki, I hope your husband is still cancer free. I am doing a second edition of Curing Cancer with Carrots. I would love to include his cure in the book. Would you please let me know. It looks like I never responded to you last April. I must have overlooked your wonderful e-mail back then. I am sorry. It wasn't intentional.  
wishing you both the best,  
Ann



## cpmt

APRIL 24, 2014

I know three people who sure they got cure with turkey tail mushrooms... very important the immune system is 100% working to get cure. get away from toxic people, bad, mean stressful, too exciting or violent situations and people, news, tv and movies. AND NO SUGAR OR CARBS (only good carbs like beans, garbanzo, lentils, and sweet potatoes and roots veggies. minimize meats (only white if you need to eat some) no milk products. try to bring down inflammation in your body: anti inflammatory spices, low sugar fruits, and veggies. cancer don't like alkaline body, make your food a balance between acid vs alkaline, but more towards alkaline foods and water. Cancer doesn't likes heat... get (or go to gym or spa with one) a infrared sauna. VERY IMPORTANT TO KEEP UP YOUR IMMUNE SYSTEM. Some people (and I only know two people who told me) they 'got cured' with hemp black oil – no smoking and not eating it –... only with the oil and it doesn't have the 'bad stuff' MUSHROOMS (SOME OF THEM) HELP WITH IMMUNE SYSTEM: maitake, shiitake, turkey tail and others.

I attended in 2011 a clinic in FLA. called HIPPOCRATES HEALTH

INSTITUTE... . THEY DO NOT CURE CANCER, they only work to improve your immune system, with a very restricted diet. ... chlorophyll, sea algae, veggies, organic, natural supplements etc. I love the place, its is paradise, and very tranquil i love when i went there. AT LEAST 50% of the people there were woman with cancer... many of them had lumpectomy with recurrent cancer (metastasis... they believe that the dr. do not know that (specially) cancer cells are not just in the area of the tumor but in the blood and drainage of lymph ndlo

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**Rena Sharma**

MAY 3, 2014

Dear Ann,

Just wanted to give you an update of my husband's progress. To recap, he was diagnosed after having a PET scan on Jan 2 2014 as having advanced stage rectum cancer with mets to local lymph nodes and one near the left sternum. We were told it was stage 4. Prognosis 92% of patients with this stage of cancer die within the first year and the 8% make it to two years. The choices we were given was a) palliative b) go the full hog with chemo radiation to all areas affected and hope for the best. When I asked the radiation oncologist then what the curative prognosis would be – he said 2 years. On the 2nd week of Jan, we started with 5lbs of carrot juice a day, due to pressure from famaily etc, he decided to give chemo a go, he did the full course whilst still being on the carrot juice. The second chemo was no completed, all he had for the avastin and oxyplatin through a drip and he was suppose to take his xeloda tablets which he did not as he started getting heart/chest pain. All this while he was still on 5lbs of carrot juice a day. Anyways he decided no more chemo – did not want to feel miserable. One of the doctors that I worked with told me before making such decisions to at least get an MRI and see where things

are at. Nigel had his MRI on March 20 and the results were excellent – it showed significant regression of tumor and resolution of lymph nodes. With that we made an appointment to see our Oncologist who was not very happy with the 3 chemos we missed. We showed him the scan and he looked and looked and compared it with the original scans and said he could not see anything. He said we should go back to Sydney to see the radiation oncologist who first diagnosed Nigel and suggested we get chemo radiation and try the curative approach. I asked him how much of the cancer was gone – he said can't tell. He also said it could be 100% gone, 90% gone or 70% gone. Anyways, we made an appointment to see the radiation oncologist. We met him yesterday – talk about a depressing day. He said although nothing showing on the MRI – he said the cancer is going to come back – requested a PET scan and said even if nothing shows on the PET scan, we should have chemo radiation as there will be hidden cancer cells that cannot be picked up – I asked can we not not get the cancer surgically removed – he said – oh if you go down that road, you are not trying to cure it, i said ok, say we go down the road he is talking about which is six months of high dose radiation and chemo, would the cancer come back – he said he does not know , it may. I looked at Nigel – looked healthy as ever, no pain, no nothing just orange – I told the radiation oncologist about m carot juice protocol and he just dismissed me. I asked him what caused the cancer – he said he does not know. How can you cure something when you don't know what caused it. Anyways, we left. He said to have a PET scan next week. Nigel says he will have it – just to see how clear it is :) and i think we have had it with Doctors. Oh oh – he even said that the chemo nigel had does not get rid of the cancer, he said it was to stop growth and delay spread – so i said isnt it amazing that this has regressed and you cant even see it – DISMISSED again. Aarrrrgh – whilst I type this – Nigel is drinking his

carrot juice. I am asking everyone I know to drink freshly squeezed carrot juice weather they have cancer or not!!! My mum and my younger sister has started. My brother in law as well :) To me regression of tumour and resolution of lymph nodes is a good result. Everyday he feels good ... i guess if we keep the good cells in excellent condition, they can fight the baddy cells ..... :)

---



**Rena Sharma**

MAY 8, 2014

Hi Ann, 5 days later from my last post. Husband had PET scan today, infact twice and guess what??? They found nothing. The radiation oncologist was bemused, surprised. I m so thrilled. Carrot juices works – one chemo was all he had – carrots carrots carrots – he is still carrot juicing daily. Primary tumour cannot be seen, and mets to distant and local lymph nodes clear. :) :) if you need reports etc for your book, let me know and will email it to you. I will keep updating his progress periodically. For everyone else – faith – (no doubt) and carrot juice worked for us. M over the moon!!

---



**Sergio**

MAY 14, 2014

My wife just started a vegetables juice (mainly carrot but including other anticancer fruit and veg) and I'm terrified!!!! Wake up in the middle of the night thinking: what are we doing? This is crazy. That is why I'm researching and trying to find positive testimonials.

---



**Rena Sharma**

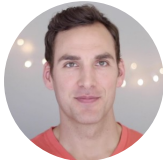
MAY 15, 2014

it worked for my husband. 5lbs of carrot juice day. He is still



Juicing. Pet scan was clear as crystal !! ;) The doctors were baffled, they said must have been the one chemo we had .. unlikely .. !! I am so happy. everynow and then we added ginger for flavour, but we made sure that he has at least 8 glasses of freshly squeezed carrot juice a day – he is still juicing!! alive and well!!

---



**Chris Wark**

MAY 15, 2014

AWESOME RENA!!!

---



**Rena Sharma**

MAY 17, 2014

Thank you Chris, I sent you an email a week or two ago . If you get a chance to speak with Ann, please do let her know that I am happy to send all our medical reports for her book . My husband is orange – looks nice with tan though. I try and try and tell the doctors what we have been doing, they just dismiss me. They gave all credit to the one chemo he had :P ah well .. we know the truth, Nutrition is key and faith in God is a must!

---



**[CHART Natural Cancer Healing](#)**

MAY 16, 2014

Hi Rena, would you and your husband consider creating a CHART Medical Log? We're conducting online community-based medical research into natural cancer therapies.

---



**Rena Sharma**

MAY 17, 2014

ok will do!



## **[CHART Natural Cancer Healing](#)**

MAY 30, 2014

Great Rena! Please let me know if you need help with the Medical Log. Most people work it out first go, but I'm here to help if you need me. enquiries [at ] chartnaturalcancerhealing.org

---



## **Ann Cameron**

JANUARY 9, 2015

Dear Sergio, Is your wife OK? I wish you the best.  
Ann

---



## **Rena Sharma**

MAY 26, 2014

Dear Chris and Ann,  
Latest update. So after we had the Pet Scan which showed no signs of cancer and we told the surgeon we would just wiat observe and not proceed with any treatment. He suggested that Nigel undergo a colonoscopy so he can see whats left in the rectum. As I sat with Nigel in the recovery room – he walked in and said – ‘this is a miracle’ – the photo of the rectum is so clear and in his words he could not find anything. We just stopped by a cafe and had guess what ?? “Carrot Juice ” – God is great!! Through Christ all things are possible!

---



## **paulop**

JULY 2, 2014

Hi Rena, there was no surgery as a first step?

---





**Rena Sharma**

AUGUST 2, 2014

No surgery, inoperable .. we were told. There was distant mets so surgery was no an option. Jucing works !!!

---



**Neha Singh**

JULY 18, 2014

Hi

Does carrot juice really cures stage 4 cancer?

---



**Rena Sharma**

AUGUST 2, 2014

Hi Neha, At stage 4 rectum cancer with distant mets, surgery was even an option. We were told from the doctors that all they could do was palliative treatment ie 6 cycles of chemo and if the tumour shrunk, they will do the surgery. After juicing and juicing carrots and being extremely religious about it combined with a good diet .. Nigel had a pet scan, colonoscopy and they could not find the cancer and the distant mets. there was nothing to remove. He goes for another colonoscopy in a month for a routine check.

---



**Neha Singh**

AUGUST 5, 2014

Hi Rena..thank you for responding..how many months nigel took the carrot juice to get the positive results? I want to Suggest this carrot juice cure to my friend , she is suffering From sarcoma and the tumour has spread to her lungs.

---



**Rena Sharma**

AUGUST 16, 2014

he is still jucing .. he did the 5lbs from Jan to June 14 ... not it

is probably about 2lbs. I hope all goes well with your friend. She has absolutely nothing to lose.

---



**Neha Singh**

SEPTEMBER 12, 2014

Its been a month my friend has started drinking carrot juice. On 16 september she is going to have a PET Scan after completing 3 rounds of chemo. We are hoping for the best.

---



**Steve**

AUGUST 26, 2014

Hi Rena, your husband use organic or regular carrots? Thank you.

---



**Alice**

SEPTEMBER 8, 2014

Hi Rena, your husband drank a lot of carrots juice everyday . Did he have any problem about blood sugar ?. Thank you .

---



**Ann Cameron**

MAY 26, 2014

What great and amazing news! It will give hope to many people! All the best to you both. Ann

---



**Rena Sharma**

MAY 27, 2014

Thank you Ann – will update in 3 months again ;) who would have thought Carrot Juice ... ;) ;)

---





**Ann Cameron**

MAY 27, 2014

I will keep fingers crossed, but I look forward to continued good news! With such a dramatic victory so far, I think Nigel will continue well.

---



**angela**

JUNE 5, 2014

hi Anne just wanted to give an update on my mum.. she is still going strong and still drinking 3 cups of carrot juice a day. she has put on more weight and alot of her clothes are getting too tight now!! she is still doing more gardening and is going out on her own now in the car.. She is looking so well and it's hard to believe that 9 months ago she was told she wouldnt be here now. I do believe she will see Xmas this year and I'm pretty sure that the carrot juice is doing its job very well. It's funny how the drs are still trying to find something else wrong with her and still telling her that she is incurable and because of her age they still don't care. It's a sad affair when the elderly are treated so bad because the shouldn't have much time left to live... it's so wrong... everyone has a right to be treated equally regardless of age...

---



**Ann Cameron**

JULY 20, 2014

Hi Angela, As I said, I'm so glad your mom's so much better now. To be fair to the doctors, sometimes they don't recommend chemotherapy or radiation to a person past 75 because the treatments are very toxic and they know an older person may not have the strength to recover from treatment.

From Guatemala where I'm taking care of my garden, I'm picturing your mother in hers. Keep up the carrots!



## Judith

JULY 23, 2014

Hey Ann, Thanks so much for this. My mum was diagnosed with cancer of the cervix in September 2013, surgery was done followed by radiation. We thought she was fine until last month (June, 2014) when she started complaining of abdominal pain and vomiting. CT scan revealed swollen abdominal lymph nodes and the oncologist recommended we start chemotherapy.

Just before she could start chemo, she was rushed in the OR for surgery for intestinal obstruction (resulting from adhesion from the radiotherapy), 26/6/2014. The surgeon reported that while relieving the obstruction, there was a big mass covering the intestines suggestive of cancer. A biopsy was taken and it came out positive for Squamous Cell carcinoma (same as the initial diagnosis). She starts chemotherapy tomorrow (24th July 2014).

After reading all these, I regret why we didn't start her on a rigorous carrot juice meal although we have tried to make her meals as healthy as possible.

She will go ahead with the chemo...she is also convinced she needs it, but we will surely make sure she doesn't go a day without carrot juice as long as she is able to take it and hold (am thinking of the side effects of chemo here).

Any opinions would be helpful.

Judith



## Ann Cameron

JUNE 5, 2014

Angela, I'm very happy for you and your mom. Give her my best wishes and congratulations.

---



**Ann Cameron**

JANUARY 9, 2015

Dear Judith, I am very very sorry I missed seeing your e-mail months ago and never answered! How is your mother doing?

---



**Chalortte Macott**

JUNE 7, 2014

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If you have are looking for treatment for any of these conditions, Email him now ASAP

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[dr.oraedespellhome@gmail.com](mailto:dr.oraedespellhome@gmail.com)

DR. ORAEDE HEALING HOME



### Chalortte Macott

JUNE 7, 2014

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- High blood Pressure(Hypertension)

#### Anti-Aging Properties

In addition to its effectiveness in treating cancer and numerous conditions, Dr. Oraede cannabis oil also has marvelous anti-aging properties.....The hemp oil rejuvenates your vital organs which deteriorate over time. So the oil will make you feel a couple of decades younger. He also offer discreet shipping and delivery is in no time. The Herbal Meds we supply will help you solve all your pains problems.

If you have are looking for treatment for any of these conditions, Email him now ASAP

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---



## Julio

JULY 9, 2014

Hello. I am Julio. (My first language is Spanish, so sorry for any wrong written word) We knew my wife has breast cancer Friday June 27th. As you should know, that day was a funeral day for us. After being busy at church on Saturday, early Sunday morning I googled about cancer. I found Ann testimony in Spanish and read it. That was good enough for me. Then I read the Ralph testimony, shared with my wife what I had found and Monday June 30 we started juicing 5 lbs of carrots. We have been juicing since then – today is day 10 – We had an appointment with a surgeon and that was a stressful moment. I was translating for my wife and because of my personality, was hard for me to face the moment when she told him she wanted to wait 3 months to work with an “alternative medicine” to see what happen. The face of the doctor was confused and surprised. He gave some suggestions and then, I think, he was frustrated. Anyways, the doctor has scheduled an appointment to have a MRI to check that her other breast is not contaminated with cancer and a Genetic Test to see if her body-cells could let this cancer-cells to mutate and keep growing under a different core cells. (I have tried to explain in my words, not in technical language).

I was reading a blog where was a lady called “Ariel” that had breast cancer, but the emails stopped on December or January. What was the result of that case? Do you know Well, I am so happy to read Rena testimony and become stronger in our convictions that this is the way. I will keep you

updated. My only concern is that I realized everyone getting better has had influence of chemo before or during the process. I hope that is not necessary. We do not want neither surgery or chemo-radiation. I hope it works. Thanks for sharing your testimonies. You do not know how helpful has been to us. Blessing

---



### **Ann Cameron**

JULY 20, 2014

Hola, Julio, I am glad your wife is juicing carrots. Please let me know how it's going for her. I never had chemotherapy and radiation and just cured myself with carrots. Jose Aguilar in Los Angeles wrote me to say that was diagnosed with lung cancer, one tumor about the size of a walnut. He had no chemo or radiation, no surgery either. After six weeks of juicing carrots, the tumor was gone. His report of a cure and others' are published in my e-book, Curing Cancer with Carrots, which has a lot more information about why carrots work.

So far the book is only in English, but in a few months a friend from Argentina will translate the book to Spanish. "Ariel" got discouraged about carrots after a brief time and quit juicing them. Ralph and I haven't heard from her since then. Please keep in touch!

---



### **Julio**

JULY 31, 2014

Hi Ann: thanks for your answer. My wife have been drinking carrot juice for all these days since she started on June 30th and only have missed one day. Some few days she have drunk less than 5 pounds, but never less than 3 cups. For the last 3 days she drank carrot juice bought at Walmart because we were out of house and could not juice ourselves. We went to a MRI last week to have a scan to see

if her other breast was contaminated with cancer.  
Yesterday, July 30 she had an doctor appointment and we saw those tumors in a screen. There are one around 11.5 mm and two around 4.0 mm. We cannot be sure if they have shrunk or not because we did not have accurate information about sizes previously, however the results until now in my wife has been positive.

I can resume what I have seen in this way:

Two weeks after she started drinking the result of 5 pounds of carrots her strength improved and she does not feel now that tiredness. Before she was tired, sleepy, needed take naps before do anything (cook and others house things). After four weeks, she looks radiant, motivated, healthier. Her period is less bloody. Her hands are getting orange. She will have an appointment on second week of October. I hope that will be enough time to see a difference between now and then.



**Ann Cameron**

AUGUST 1, 2014

Dear Julio, Thanks for sharing your very encouraging news. Others who started feeling dramatically better on carrots after a couple of weeks were cured after a very few months. I hope that will be true too for your wife. I look forward to hearing from you in October.



**Rena Sharma**

AUGUST 16, 2014

we just got back from Italy ... it was awesome .. not many juice bars there though ;( but oh Genoa and Sestri Levante and Portofino .. how gorgeous. I thought of you when i was there .. i was like.. i am so happy i discovered the carrots through you and of course as a result .. what a holiday!!! (it was looking like we werent going to have one back in Jan)

THANK YOU ANN xx

---



**Ann Cameron**

AUGUST 17, 2014

Hi Rena, Thanks for thinking of me during your and Nigel's wonderful vacation. The only good thing I can think of about having had cancer is how much more deeply it leads us to appreciate Life. Here's to Italy! I will be off to Spain and Greece. with my beloved, next month.

---



**Ann Cameron**

JANUARY 9, 2015

Julio, How is your wife doing? I hope all the good changes have continued.  
Happy New Year to you both,  
Ann

---



**Rena Sharma**

AUGUST 2, 2014

Hi Julio, My husband Nigel is doing great thus far. We just has a lovely holiday in Italy. He is back at work and still drinks his carrots juice a day. Not quite 5lbs but at least 2 big glasses. Everyday your wife feels better that is a good sign. Nigel only has one chemo cycle (2 WEEKS) nothing else and of course carrot juice throughout. The carrots are the best thing ever. Do not lose faith. It is not a death sentence. xx

---



**Ann Cameron**

JULY 21, 2014

My book Curing Cancer with Carrots, in which I explain about carrot juice and reasons it cures cancer, got a great personal comment from the managing editor of an

oncology journal: "I just finished reading 'Curing Cancer with Carrots'. Wow, what a book. It's now my favourite anti-cancer book, it's so powerful and practical, I will recommend it to anyone I know who is diagnosed with cancer. Your story is amazing and I'm so glad you shared it through your magnificent book."

---



**Aldo B.**

AUGUST 8, 2014

Hi Ann

I just emailed you to your website. On this next Monday 11 I'm going to have a colonoscopy to confirm that I have colon cancer (let's hope not), for all the symptoms that I had, and that I have already told you, in my personal message to you. Either way, I started to juice carrots like almost two weeks, and every time I drink them I feel SO MUCH BETTER, and I don't even have diarrhea, neither my bowel sounds much, like when I wasn't drinking it.

Even my seeing has improve, because I was using a 0.25 glasses for tired eyes, and since I'm drinking carrot juice, I don't feel like I need those anymore. That just make me think along with your testimony, and all the information on this page, that doctors ususally don't recommend or prescribed fruits or vegetables to help people's diseases or little troubles, like the one I had with my tired eyes.

My ophthalmologist straightly prescribed me multivitamin drops for my eyes, instead of recommending me to eat or drink carrots, that just have help me a lot more than his drops.

I'm truly convinced that mother nature has all we need to cure. And that the current system based on making benefits, instead of helping people with easier and cheaper natural treatments it's not the right path for medicine, and it's actually pretty evil, because for example with cancer, it costs people's life, and destroys them with their poisoning

treatments.

I will keep you, and all the people that is reading this updated with my situation. But IF I have cancer, I would like to ask you three questions:

1) Did you make your carrot juice from a juicer or a blender? It's the same both ways or not?

2) Didn't you have Hypervitaminosis A by consuming a lot of carrot juice every day? (That's my principal worry right now with this treatment)

3) Do you suggest me to do only juicing, and not surgery? (Regardless of the state of my POSSIBLE colon cancer)

Thank you very much. I'll wait anxiously for your awnser.



**Rena Sharma**

AUGUST 28, 2014

I used both but mainly organic. Ralph Cole who also cured his cancer said it really does not make a difference. Make sure you give them a good rince :)



**Ann Cameron**

FEBRUARY 26, 2015

Hi Rena, I hope you and Nigel are enjoying life and the best of health.

I'm getting the next version of my e-book Curing with Cancer ready to publish, both as an e-book and as a print book in English and Spanish. Every day now the first version has sales.

I'm including Nigel's wonderful cure and your e-mails about it. I just would like to clarify one thing. Many times you mention having had "five pounds of carrots." Am I correct that you juiced five pounds of carrots and Nigel drank five cups of juice a day—rather than he drank five pounds of juice—which would be nearly a gallon?

Thank you for the offer of including his medical records, but

we have decided not to include those.  
with best wishes, Ann

---



### Arthur Mike

SEPTEMBER 2, 2014

I am unable to post this in the Success Stories for whatever reason, so I posted here. I was diagnosed with prostate cancer on October 18, 2013. I was advised by my doctor that my only options were to get a prostatectomy or have radiation seeds implanted in my prostate or receive regular external beam radiation. I declined. I knew there had to be other options.

I scoured the Internet and discovered a wealth of information about cannabis oil curing cancer. I was able to obtain some medical marijuana oil through Dr Palmer (Rick Simpson Oil) from it and consumed the recommended dosage by mid January. On January 26th I had a cancer reassessment which consisted of an MRI with a state of the art Tesla 3 MRI machine. Results – NO SIGN OF CANCER! CANCER FREE! One of the things that helped me while going through all this was reading the testimonials and the success stories of those who have used the oil and were cured And with good food diet. Now that this wonderful oil has cured me, I feel I need to let others know as well. Please feel free to contact me, ask anything should you like more information or directly contact Dr Palmer at: [drjacquelinepalmerhealthcare@live.com](mailto:drjacquelinepalmerhealthcare@live.com) were i purchased from. Thank you, Arthur Mike ~



### angela

DECEMBER 9, 2014

hi Ann and everyone thought I would do an update on my mum. well she is still here after being given 12 months to live back in October last year and drs said she wouldn't make it



to Xmas this year they said to make last Xmas a good one else. well things were going good and then mum started having lower back pain which we thought may have been all the gardening mum was doing but Dr sent her off for a bone scan as he thought the cancer had spread to her bones and sure enough it has :( the scan picked up three areas of mets in the pelvic region I think one was there and now i'm angry that the Dr didn't tell her to get that one small area treated would have been one treatment. I don't think it has spread anywhere else so maybe it can be treated I hope it's not too bad. I guess maybe the carrot juice stopped working and I think k mum is ready to give up. she is in alot of pain and has lost her appetite again. maybe this is the beginning of the end for my mum :( I'm so scared. I was hoping the juice would cure her... guess it doesn't work for every one.. sorry I'm just so devastated and depressed that I tried so hard and failed my mum



**Ann Cameron**

JANUARY 7, 2015

Dear Angela, I didn't see your December 2014 on your mom until today. I am sorry the cancer has returned. I still think carrot juice can help even if it doesn't cure. Please keep in touch.



**Ann Cameron**

JANUARY 7, 2015

Angela, you have done your very best for your mother. Thanks to you, she gained a year of healthy life able to enjoy her garden. Without carrots and your care, I don't think she would have had this. I know that if you lose her, it will be very hard for you. But you are not to blame and all your work to help her live well hasn't been wasted. Death has come to everyone who has ever lived...



**angela**

JANUARY 15, 2015

hi Ann thank you for your kind words. Im not giving up on mum I will keep trying to help her and there are other things I can try... I still think that mum has alot of living to do yet even if the useless drs have given up on her cause they think she is too old... hate that.. will keep you posted



**Rena**

FEBRUARY 27, 2015

Hi Guys, just want to give you all an update re my husband's progress.... He is still Alive. Everyone and then if he has any aches and pains, we just up his carrot juice intake. So far so good and so far no cancer !! Praise The Lord.  
Sorry I have not been here much .. But i m definitely a carrot juice ambassador!!  
Nigel has an appointment next Thursday with his colon surgeon, I m sure all will be good and will keep you all updated!

---

Pingback: [Carrots for Cancer Prevention | FitnessOutdoor.in](#)

Pingback: [Eliksir zdrowia, wspaniały środek na wzmocnienie odporności, który możesz przygotować w domu - Azymut na zdrowie](#)

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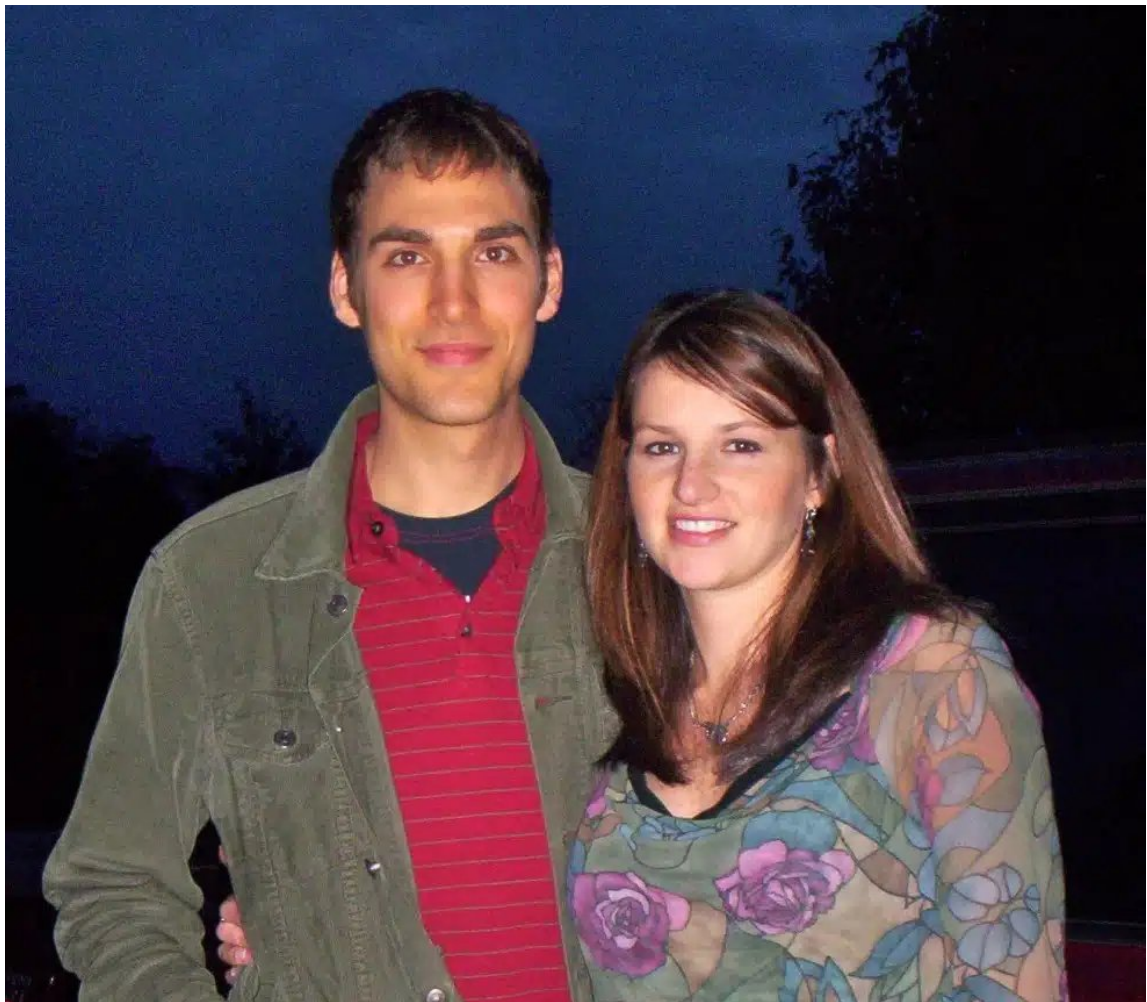


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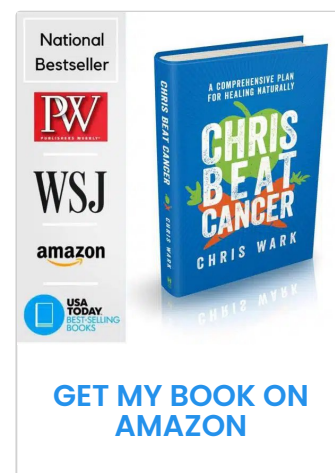


## Ralph Cole cured his cancer with carrot juice in 2006



My name is Ralph Cole.

In 2005 I had metastasized cancer tumors, primarily in my neck, and was told I needed surgery, radiation, and chemotherapy. Before my surgery I was advised to juice carrots by the wife of a friend, a woman that had cured herself of ovarian cancer. Not knowing how much juice to drink, I started juicing three pounds of carrots a day, which yields about 3 cups, or a cup of juice per pound.



**20**  
**QUESTIONS**  
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Four months later when I was due for surgery, I was told by

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grown since my first MRI four months b more He also said that my tumors “may have even go Despite this, he still insisted that without treatment my likelihood of surviving was about three times better with cancer treatment than without it (30% versus 10%). Because I was about to lose my eligibility for Medi-Cal, I asked him if I could skip the surgery and just get chemotherapy and radiation. He went to the hospital medical board on my behalf and won out over the surgeon that believed I absolutely needed to have surgery. I was allowed to have chemo and radiation without surgery. I continued to juice three pounds of carrots per day.

After chemo and radiation, the lumps on my neck were still there. My tumors gradually shrank and disappeared about four months after the two months of chemo and radiation. I stopped juicing shortly thereafter, not sure at the time whether it was the chemo and radiation treatment or the carrot juice that was responsible for my apparent cure.

Shortly after I stopped juicing, tiny lumps began appearing one at a time in two rows on my chest. When I started juicing again, no more new lumps appeared, and the ten little lumps I had on my chest stopped growing. I continued juicing while I looked for a way to get rid of them, not realizing at that time that carrot juice alone could do it if I drank enough of it.

Part of my reason for underestimating carrot juice was that I was out of touch with the woman that originally advised me to ask her how much I needed to be drinking, but also, I wanted to see if anything else could control the growth of my chest lumps besides carrot juice.

After failing to find anything else that seemed to have any

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effect, I asked a nurse that attends my church if she had any advice. Her advice was to go back to the hospital ASAP before my lumps metastasized further. Having been through the extreme discomforts of daily radiation treatments with chemo drips and shots, as well as having damaged my ability to swallow and salivate, I decided it was time to get serious about getting rid of the lumps, and I immediately increased my juicing from the three pounds of carrots I had been juicing each day, to juicing five pounds of carrots (yielding five cups of juice), every morning.

My visible chest lumps began to shrink almost immediately. I kept up the five pounds of juice (yielding five cups) daily, and the tumors shrank continuously over the next two months, finally disappearing. I juiced for another month or so, then stopped. The biggest lump, which had appeared first, was also the last to disappear, implying that larger tumors probably take longer to get rid of than smaller ones.

I like the [Juiceman II Juicer](#) because it takes large carrots without slicing.

I have been cancer-free ever since, and have only juiced on occasion since then. That was in 2006, seven years ago. I put my story in an email a few months later, which someone posted to a website on the internet where a trickle of people have been able to find it over the years.

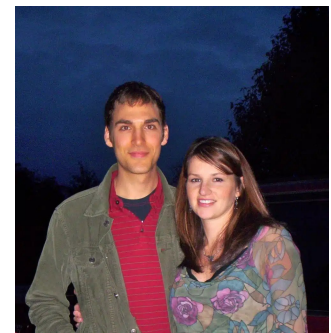
Almost every time I mention juicing carrots to people, they tell me about some cure they have heard about. When I had cancer I tried many different dietary cures, as well as 18 different types of pills, and external heat applications. This might be why it took so long to discover that although 3 cups per day of carrot juice was simply not enough to shrink a tumor, 5 cups per day was.

If you get anything from this blog, I hope that it is that I could not find anything else besides carrot juice that

[Ann Cameron Cured Her Stage 4 Cancer with Carrot Juice, Nothing Else](#)



[Lemon garlic extract destroys cancer cells](#)



[I Juiced to Beat Cancer and Turned Orange!](#)

shrank tumors, and even then, 3 cups per day was not enough. If you go to a [Gerson Clinic](#), they will encourage you to drink carrot juice 13 times a day. Don't make the mistake I made and compromise on the quantity. Five cups per day, every day, really, really, really works. More per day may work even faster. I can't say, because I didn't try. I didn't need to.

[Chris Wark: [I drank 8 cups per day](#)]

Three cups per day will likely stop the growth of a tumor, but it probably won't shrink a tumor noticeably, based on my experience. And it is enough to turn your skin slightly orange. If you don't like carrot juice, 3 cups per day will probably stop your tumor's growth while you experiment with other things to see if they work. But despite all the other things that came recommended, I couldn't find anything else that worked.

Five cups a day is not so terrible, and you may even like it. I found that drinking it through a straw helped it go down quicker and easier. Less might reduce tumors for you, but it took five cups a day to shrink my lumps, and I'm about average size. At the time was about 160 pounds.

It remains to be determined whether every cancer, or every individual's metabolism, responds to carrot juice. But until actually researched, it remains a possibility. I have yet to meet a person that juiced carrots for cancer and was unhappy with the result. I know of three people, myself and two others, that juiced 5 pounds per day. Each of us had our tumors shrink. That's not a lot to draw on. But if the hospital gave me a 30% chance of surviving 5 years or more even with their treatment, then that means they must be failing to cure 2 out of 3 of their patients with the symptoms I had. And both of the women I am talking about had much more advanced cancers than I had.

With so much evidence that millions of lives are being unnecessarily lost through ineffective mainstream cancer

treatments, we must share this information. In the terminology used so often to justify potentially lucrative therapies shown to be effective, to delay would be unconscionable.

Much as the earlier practice of bloodletting was eventually ended, the world is gradually becoming aware that other medical practices have gradually filled in the void created by the citizenry's gullibility regarding anything mainstream medicine offers it. It is time to clean house again. We can start by making people aware of the issue before they fall prey to the medical establishment.

The wealthy and famous are particularly susceptible to this situation. The "best treatment" is automatically assumed to be the most expensive one, and that makes medical shopping easy for those that can afford to pay a lot. But when people pick their treatment on the basis of cost, the treatment that costs the most will never be driven out, regardless of how ineffective it is. The need for change from the grass roots up is nowhere truer than when it comes to mainstream medical practices.

I hope you will investigate for yourself the curative power of carrot juice wherever and whenever the opportunity presents itself. And I should also mention that drinking carrot juice has many other health benefits, intestinal cleansing (it cured both my acne and pre-cancerous scales I used to get), and other sites on the net report that a carrot a day reduces the risk of cancer. One article claims that eating one carrot every day reduces the risk of cancer by 60%.

If you ever have an opportunity to observe the growth of a cancer in your own body either visually or through body scans, try carrot juice first; once you determine that it can control your cancer, you can experiment with other things to see if they work too, knowing that you can go back to carrot juice. This is the kind of research that is needed, and your experience will be of value to others.

If you are a skeptic, I share your skepticism. I was very skeptical of everything before carrot juice proved itself to me. But people that are skeptical about non-mainstream cures tend instead to place their confidence in professionals with huge educational debts that get paid for the medical services they provide, whether they are effective or not; certainly not upon whether their patient recovers.

If you doubt anything I have said, find someone with cancer and juice for them, and find out for yourself what happens. You can also get in touch with me. But regardless of whether you can reach me, or even what happens to me, you can trust in my experience with carrot juice as if it was your own. At the risk of sounding overly dramatic, I will consciously avoid the greater risk of being overly cautious, by stating what I believe in my soul to be true: millions of lives are at stake. I hope you will join me in making this cause your own.

I can be reached through my blog [CancerIsOver.org](http://CancerIsOver.org)

-Ralph

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(((c)))

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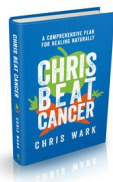


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**Chris Beat Cancer: A Comprehensive Plan for Healing Naturally**, published by Hay House, is a National Bestseller as ranked by USA Today, The Wall Street Journal, and Publishers Weekly! [Get it on Amazon here](#), or anywhere books are sold.

I've interviewed over 60 people who've healed all types and stages of cancer. Check them out [here](#). Or use the search bar to find survivors of specific cancer types.

I also created a coaching program for cancer patients, caregivers and anyone who is serious about prevention called **SQUARE ONE**. It contains the step-by-step strategies used by myself and everyone I know who has healed cancer with nutrition and natural, non-toxic therapies.

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((c))

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## Chris Wark

Chris Wark was diagnosed with stage IIIc colon cancer in 2003, at 26 years old. After surgery, he opted out of chemotherapy and used nutrition and natural therapies to heal. He began sharing his story in 2010 with a mission to inspire people to take control of their health and reverse disease by radically

transforming their diet and lifestyle. Chris reaches millions of people each year as a blogger, podcaster, and keynote speaker. His book *Chris Beat Cancer: A Comprehensive Plan for Healing Naturally*, published by Hay House, is a National Bestseller as ranked by USA Today, The Wall Street Journal, Publishers Weekly and Amazon.

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> **THIS POST HAS 33 COMMENTS**



**Cindy Sutton**

AUGUST 9, 2013

Chris- Why does this work? What is in the carrot that makes tumors and cancer disappear?

---



**[Chris Wark](#)**

AUGUST 9, 2013

Massive amounts of Vitamin A and Beta Carotene detox the liver and feed your cells. Falcariol has strong anti-cancer properties as well.

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**Ann Cameron**

AUGUST 10, 2013

Dr. Kirsten Brandt, a researcher at the University of Newcastle in the UK says that falcariol in the carrots, not the beta carotene or Vitamin A, is the curative agent. She tried falcariol on rats injected with a carcinogen. It and whole carrots reduced tumor formation in the rats. Betacarotene and 'Vitamin A didn't. (Google her name and falcariol for the

studies. Falcarinol is actually a natural pesticide in the carrot that protects the carrot from fungal diseases.

---



**sorgfelt**

SEPTEMBER 2, 2014

The fact that Falcarinol is an anti-fungal seems to confirm other information I've seen claiming that cancer in general is actually a fungal infection.

---



**Gina**

SEPTEMBER 5, 2013

Do we know Ralph change his diet as well

---



**Ellen C. Statham**

SEPTEMBER 9, 2013

Good Morning! So sorry about the drama!  
Great info. I am on the way to the market to get carrots for Max's acne!  
Love you,  
E

---



**Pink**

SEPTEMBER 25, 2013

He said that he juiced 5 cups of carrots a day in the morning. Did he drink all the 5 cups at once in the morning or he drinks them throughout the day.

---



**Steve Nowers**

OCTOBER 8, 2013





I wanted to know this as well, I presume he spread them out throughout the day but its not clear!

---



**Danae**

NOVEMBER 14, 2013

...on this blog he say that he actually drank the amount at once and found that it does not make any difference as long as you keep the quantity! Either at once or throughout the day brought the same results.

---



**Toni**

SEPTEMBER 29, 2013

My brother has stage 4 lung cancer after having undergone surgery for Laryngeal Cancer. I am grateful for this information and I will have him start juicing. I am hesitant to tell him what I have read about.

I dont want to get his hopes up he has been through a lot in the last year.

---



**Crosse**

AUGUST 22, 2014

My mother was just diagnosed. How was your result?

---



**Toni**

SEPTEMBER 29, 2013

I am so pleased to have found this information about juicing carrots. I wish I

could drink carrot juice but, it runs right thru my system as soon as I drink it. anyway this is about my brother getting better and I appreciate the information. Yhank you.

---



### **Ralph Cole**

NOVEMBER 2, 2013

Hi Toni-

I'm sorry I didn't see your comment until now. So far no one has reported being disappointed by the carrots. Carrot juice is good at seeking out straggler cancer cells and eliminating them, in addition to shrinking tumors. It also is effective in combination with chemo and/or radiation. There really is no reason for him not to have his hopes up. There is no reason his body won't respond to the planetary mother's milk we all evolved on, like mine did, Chris's did, Ann Cameron's did, and everyone else's is doing that we are in touch with.

Please send me an email at

[ralph90015@yahoo.com](mailto:ralph90015@yahoo.com) and/or visit

CancerIsOver.org. Also see

[http://www.naturalnews.com/042237\\_carrots\\_cancer\\_cure\\_vegetable\\_juicing.html](http://www.naturalnews.com/042237_carrots_cancer_cure_vegetable_juicing.html) for another version of Ann Cameron's story.

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### **Danae**

NOVEMBER 14, 2013

Ralph, Thanks for the fantastic info & your initiative. This is so important. My Question: Is there any importance to drink 'pure carrot' juice or is it okay to drink it with beet, lemon, cucumber or other vegetables? Thanks for any

info on this! All of you here have a wonderful day & let's work with the only life gives known to exist – Love & Nature!

P.S.: ...has anybody seen people thrive on headache pills or chemotherapy?



**Shelley**

OCTOBER 23, 2013

How many carrots did he buy in a week ?

---



**Danae**

NOVEMBER 14, 2013

Ralph writes on his blog it take three pounds of carrots (juiced) to stop the growth of cancer and five pounds (juiced) to get rid of tumors – daily.  
see link:

[cancerisover.blogspot.com](http://cancerisover.blogspot.com)

First part of his description:

Find a juicer if you do not have one.\*\*

Have your tumors scanned so later you can accurately determine changes in size.

Wash, top, and juice THREE POUNDS of ordinary carrots. DO NOT PEEL THEM!

Drink the THREE CUPS of juice obtained in step 3.\*\*\*

Repeat Steps 3 and 4 DAILY, INDEFINITELY, to keep tumors from getting larger. To shrink them, you must consume more than three cups of carrot juice per day (see Proven Remedy #2, below).

Have the size of your tumors

redetermined periodically to verify results and to keep you motivated to keep juicing. Results may vary, depending upon whether or not you skipped any days, and/or drank all the juice you made each day. If you juice and drink 3 CUPS DAILY, your tumors will REMAIN ABOUT THE SAME SIZE as when you started juicing.

---



[Alex](#)

OCTOBER 27, 2013

Quite a surprise and of course wonderful news that some one could such dramatic results using carrot juice only! No greens? No enemas? No flax...  
Any other folks known to follow this?

---



**thloh**

NOVEMBER 6, 2013

I'm trying this out for my dad. It has been nearly 2 weeks out now (he has colon cancer metastasized to liver and bladder).  
His symptoms including bloating and blood in urine.  
So far, blood in his urine reduced (he usually had blood in his urine every 2-3 days, now so far 2 weeks and he only had a time with blood in urine, then again we can't be sure until something significant happens).  
However his bloat is still not too good, every 2-3 days he'll get stomach bloat.  
I'll keep you guys posted on my dad's

progress to see if 5lbs of carrot a day  
does cure him (or extends his life)

---



**Richard Tang**

DECEMBER 5, 2013

Hi thloh,

Thanks for sharing, my dad's situation is similar (but he got pancreatic cancer stage 4) and start juicing.

He just started around 1 to 2 weeks, but recently he start vomit more frequently. Now we are trying 5+ pounds if he got vomit.

Besides bloat (which also happen to my dad frequently). Did you dad had other exp, for example, going to washroom more frequently after eating?

Thanks.

---



**Danae**

NOVEMBER 14, 2013

Dear Thloh,

Look into Gerson Therapy (which works with Carrot juice as well but more elaborate – there might be some ideas which make his transition lighter).

Keep motivating him – my mother (at the time 75) had severe gallbladder/liver attacks to the point where she could not move anymore and just by introducing blended foods first in morning she got better within 3 months. For the first time in 30 years her weight is dropping naturally and her energy is rising – with 78 she

climbed the Andes this year – 3 years ago there was no way she could think of taking a long walk without pain.

Look as well into food combining which is so important to ease bloating/pain in the digestive tract (see Norman Walker, Ann Wigmore or Natalia Rose) and if your father is open into colon cleansing... it will shift things enormously. Most of all your love will do the rest. I am still in awe to see that nature forgives so quickly even in ones 70ties when one finally understands how to nourish the body in harmony with natures laws. Blessings!

---



**Sparksfly4711**

NOVEMBER 21, 2013

My husband just found out that his cancer has metassized. He was diagnosed with an angiosarcoma in February of 2012. His sister sent him your info in the mail today. We were supposeed to start chemo tomorrow but are going to opt out. He is goingt to try juicing 6lbs of carrots a day... he weighs 240lbs. Will keep you posted on his progress. Praying this works!

---



**sorgfelt**

SEPTEMBER 2, 2014

It has been nine months. Could you post an update, please?

---



**Richard Tang**

DECEMBER 3, 2013

Hi Chris,

Thanks for your site and information (as well as Ann and Ralph experience)

Recently my dad got pancreatic cancer – Stage 4, we knew that it is a quite challenging one.

I came across with your story and currently start juicing 5 pound for him per day.

During intake of massive carrot juice, do you have any feeling or experience besides turning orange.? For example, urine color change / sweating. After taking carrot juice, my father goes to washroom more frequently to deliver some black substance (but he say the feeling is good after that), and we think it is a good sign. Sometimes he will take more than 5 pounds if his situation is good.

Thanks.



**Chris G**

DECEMBER 13, 2013

This is wonderful information.  
my mom has stage 3 pancreatic cancer and has begun juicing carrots today as well as radiation/chemo. I'm just wondering if she should only have carrot juice or if she should be eating/drinking other things as well.  
If anyone has an answer, I would greatly appreciate it



**Jackie**

DECEMBER 15, 2013

She has inoperable squamous cell carcinoma of the neck. She has been

fighting since 2009 we have been juicing since a month now. But have switched mainly to carrots. I noticed lymphs going back down,hard lumps stay the same size, or get small.new ones come out.we just have to up the carrot. Juice and keep hopes up.

---



**Kathy**

DECEMBER 28, 2013

Dear Chris,  
Perhaps it is my computer; however, when I attempt to read the info on your website, it is behind pictures and very wide across the screen. Anyone else have this challenge? Is there anything that can be done with it so it is easier to read? Thank you for what you do to keep people informed, specifically that they need not rush (despite fear-mongering of oncologists) to make decisions about their bodies and health. It is their body and they are the best ones to decide what is best, not an oncologist. Kathy Butler

---



**jane hand**

MARCH 9, 2014

I am not having that but when I do I just paste and copy it to wordpad and then I can read it.

---



**Linda Justice**

DECEMBER 31, 2013

I have a basal cell carcinoma the size of a quarter on the back of my thigh which I



am treating with Curaderm. It is quite a painful treatment, but it seems to be working as it “eats” away the cancer. I have been eating a Paleo diet over the past year, keeping away from carrots because of their high sugar content. After reading this, I began juicing 5 lbs. of carrots yesterday. Do you think that carrot juice could help heal a basal cell carcinoma?

---



**Damon**

MARCH 8, 2014

I stopped reading after you recommended drinking 5 cups a day. Do you even know that vitamin a in carrots is fat soluble only and won't be absorbed without being taken with fats or a meal. Also with that much carrot juice with meals you'll be overdosing on vitamin a. Even 3 cups is too much to be drinking everyday.

---



**Jerry Story**

JULY 11, 2014

Carrots don't have vitamin A. Carrots have carotene which is converted to vitamin A. You can't get excess vitamin A from carrots. The body converts carotene to vitamin A only up to as much vitamin A as the body wants.

---



**Seven Lawrence**

NOVEMBER 20, 2017



I AM FIGHTING STAGE 4 PROSTATE CANCER, GROUP 5 , GLEASON 9, PSA OF 58, I DONT SEE ANY SURVIVOR STORIES FOR STAGE FOUR PROSTATE CANCER ON YOUR SITE AND I HAVE YET TO SEE AND ONE CURE OR HEAL A REALLY BAD CASE ON YOU TUBE OR ANYWHERE ELSE. I AM REALLY CLOSE TO COMPLETELY CANCER WITH NUTRITION ALONE. I AM 47 YEARS OLD AND WOULD LIKE TO KNOW IF YOU KNOW OF ANY ONE HEALING OR CURING A TIGER LIKE MINE?

---



**Kiernan**

NOVEMBER 26, 2017

I am just curious...where did you get such a large amount of carrots? So far Costo is the only place I have found bulk organic carrots...but their bag is only 10lbs. Do you know of any online wholesalers?

---



**Banyan Tree Healing**

JANUARY 10, 2018

A family member of mine has the same type of cancer that Ralph had (Oral Squamous Cell Carcinoma Metastasized to Neck). We are attempting holistic healing first because, as Ralph said, the radiation treatment is disfiguring and will cause damage. I have no doubt that carrot juice helped Ralph. However, this particular type of cancer is different from most other cancers in that it is highly vulnerable to radiation treatments. It is considered a "curable" form of cancer and the radiation works in 75% of these cases. Ralph underwent Conventional

therapy and what he describes in his story is perfectly consistent with a high likelihood that radiation worked in his case (even with his lymph glands continuing to shrink after the fact). He says that lumps in his chest appeared, but they weren't biopsied as actually being cancerous? Squamous cell carcinoma of this type "usually" doesn't spread beyond the neck, according to the doctors I have spoken with. Isn't it possible his lymph system was cleaning up the dead cells after radiation? Again, I'm sure all the carrot juice helped in the clean up process and in the overall healing process. But it is quite a stretch to say that the carrot juice was the cause of his healing. And it could give people with Oral Squamous Cell Carcinoma false hope. I have scoured the internet desperately hoping to find anyone who has healed this type of cancer naturally. And sadly, Ralph's is the only testimonial I can find. I'm glad he's free of cancer now. But his story is not really a natural healing story because he did the full conventional treatment and it sounds like it worked for him. I remain hopeful that my family member will be successful going all holistic with Oral Squamous Cell Carcinoma. But I know it's going to take a lot more intensive natural therapies than just carrot juice alone. We tried it, and it didn't work for us. Therefore, we are adding many other alternative strategies. This is an invasive and aggressive type of cancer. I hope others who read Ralph's story will understand that they probably

need a lot more too. I hope we will be successful and able to avoid radiation altogether. And if anyone else out there has successfully healed this type of cancer without radiation, I would love to hear your story in order to build my sense of hope.

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